

Cosmetic industry

Environmental science
Block G WEEK 6





SHAMPOO

AVERAGE NUMBER OF CHEMICALS: 15
MOST WORRYING: Sodium Lauryl Sulphate; Tetrasodium and Propylene Glycol.
POSSIBLE SIDE-EFFECTS: Irritation; possible eye damage.

EYE SHADOW

CHEMICALS: 26
MOST WORRYING: Polyethylene terephthalate.
POSSIBLE SIDE-EFFECTS: Linked to cancer; infertility; hormonal disruptions and damage to the body's organs.

LIPSTICK

CHEMICALS: 33
MOST WORRYING: Polymethyl methacrylate.
POSSIBLE SIDE-EFFECTS: Allergies; links to cancer.

NAIL VARNISH

CHEMICALS: 31
MOST WORRYING: Phthalates.
POSSIBLE SIDE-EFFECTS: Linked to fertility issues and problems in developing babies.

PERFUME:

CHEMICALS: 250
MOST WORRYING: Benzaldehyde.
POSSIBLE SIDE-EFFECTS: Irritation to mouth, throat and eyes; nausea; linked to kidney damage.

FAKE TAN

CHEMICALS: 22
MOST WORRYING: Ethylparaben, Methylparaben, Propylparaben.
POSSIBLE SIDE-EFFECTS: Rashes; irritation; hormonal disruption.

HAIRSPRAY

AVERAGE NUMBER OF CHEMICALS: 11
MOST WORRYING: Octinoxate, Isophthalates.
POSSIBLE SIDE-EFFECTS: Allergies; irritation to eyes, nose and throat; hormone disruption, linked to changes in cell structure.

BLUSHER:

CHEMICALS: 16
MOST WORRYING: Ethylparabens, Methylparaben, Propylparaben.
POSSIBLE SIDE-EFFECTS: Rashes; irritation; hormonal disruptions.

FOUNDATION

CHEMICALS: 24
MOST WORRYING: Polymethyl methacrylate.
POSSIBLE SIDE-EFFECTS: Allergies; disrupts immune system; links to cancer.

DEODORANT:

CHEMICALS: 15
MOST WORRYING: Isopropyl Myristate, 'Parfum'.
POSSIBLE SIDE-EFFECTS: Irritation of skin, eyes and lungs; headaches; dizziness; respiratory problems.

BODY LOTION

CHEMICALS: 32
MOST WORRYING: Methylparaben, Propylparaben, Polyethylene Glycol, which is also found in oven cleaners.
POSSIBLE SIDE-EFFECTS: Rashes; irritation; hormonal disruption.

Currently we all concerned about what we eat, and how we can be more healthy, eat less pesticides, avoid sugar and refined flour, eat more organics, etc. What we are note that concerned is all the products and all the chemicals insides this products that we use every single day, lotions, shampoo, makeup, fragrance and so much others.

- Research by Bionosen, a natural deodorant company, found that the average woman's daily grooming and makeup routine means she hosts a staggering 515 different synthetic chemicals on her body every single day. The study shows that these toxins, even in a mild form, build up over time and can gradually break down the immune system and result in disease and health problems.
- Parabens, for example, which are designed to preserve the shelf-life of your cosmetics, are one of the most widely used preservatives in the world, and are found in shampoos, hair gels, shaving gels and body lotions. But their use is becoming increasingly controversial - a range of different studies has linked them to serious health problems including breast cancer, as well as fertility issues in men.

INGREDIENTS TO WATCH OUT FOR in Personal Care Products

CHEMICAL NAME:	LOOK FOR THESE KEYWORDS:	MOST COMMONLY FOUND IN:	CONSIDERATIONS & WARNINGS:
Phthalates	<ul style="list-style-type: none"> • DBP • DEHP • DEP 	<ul style="list-style-type: none"> • Synthetic fragrance • Nail polish • Hairspray • Plastic materials 	Some research suggests that phthalates disrupt the endocrine system and may cause birth defects.
Formaldehyde		<ul style="list-style-type: none"> • Shampoo • Body wash • Bubble bath 	Formaldehyde is a known carcinogen that is also linked to asthma, neurotoxicity and developmental toxicity.
Butylated Hydroxyanisole or Butylated Hydroxytoluene	<ul style="list-style-type: none"> • BHA • BHT 	<ul style="list-style-type: none"> • Lipsticks • Moisturizers • Diaper creams • Some cosmetics 	Some research suggests they are carcinogens and may cause hormone disruption.
Parabens	<ul style="list-style-type: none"> • Methylparabens • Propylparabens • Butylparabens • Ethylparabens 	<ul style="list-style-type: none"> • Shampoo • Face cleanser • Body wash • Body lotion • Foundation 	Some research suggests that parabens are endocrine disruptors, which may alter important hormone mechanisms in our bodies. They can mimic estrogen in the body, disrupting our hormonal balance.
Sodium Lauryl Sulfate and Sodium Laureth Sulfate	<ul style="list-style-type: none"> • SLS • SLES 	<ul style="list-style-type: none"> • Shampoo • Body wash • Bubble bath 	SLS or SLES may trigger allergic reactions and/or be irritating for skin, especially for people who suffer from skin conditions like eczema, dermatitis or psoriasis.
Retinyl Palmitate and Retinol (Vitamin A)		<ul style="list-style-type: none"> • Moisturizers • Anti-aging skincare 	Retinol may actually damage DNA and speed the growth of skin tumors.
Synthetic Flavor or Fragrance		<ul style="list-style-type: none"> • Moisturizers • Hand creams • Hair products 	"Fragrance" can refer to any combination of 3,000-plus stock chemical ingredients, including potential hormone disruptors and allergens.

- Many chemicals are hidden behind ambiguous terms like 'fragrance' or smuggled in as trace contaminants. Loopholes in our ingredient-labelling laws exempt companies from listing them.
- Of concern, too, is the number of products without ingredients listed, particularly certain eye makeup products that are sometimes found to contain heavy metals like lead and mercury.
- Sidestepping undercover toxins is no easy feat but examining labels for chemicals that are likely to be contaminated, including urea, quarternium-15, PEG compounds, and sodium laureth sulfate, is important.

How avoid this products

- Until a major change occurs, consumers need to decide for themselves whether the benefits of using products containing certain toxic ingredients outweigh any potential risks
- It's important to do more than just read labels, you also must consider which companies you can trust. Don't just rely on and believe what you read on the front of product packaging or even in various articles. Ask questions, research, self-educate. Get to know the ingredients listed on the back of products and look out for any of the [Dirty Dozen](#) (12 chemicals products to avoid)
- The Environmental Working Group's Skin Deep database is a great resource for researching the contents of your products and how likely they are to be tainted.

Animal testing in the cosmetic industry

- Other thing that we need to check before buy some cosmetic is if that brand test or not their products in animals
- approximately 100,000-200,000 animals suffer and die just for cosmetics every year around the world. These are rabbits, guinea pigs, hamsters, rats and mice.
- Cosmetics companies can stop animal testing immediately and still produce new, safe and exciting beauty products, simply by manufacturing the cruelty-free way.



Ways that you can help stop the cruelty that animals are subjected to

- Shop—buy only from companies that say no to animal testing and to newly developed and animal-tested ingredients. Download your own [Leaping Bunny Global Shopping Guide](#).
- Contact your favorite brands and urge them to make the leap to cruelty-free. Ask whether the company 1) animal-tests its products or ingredients, 2) purchases newly developed ingredients that have been animal-tested by the supplier, or 3) sells its products to countries like China that may require new animal testing. If the answer to any of these questions is yes, put the product back on the shelf.