

Potential Hidden Dangers of Personal Care Products

Steps to Protect You, Your Family, and the Environment

Identify and Avoid Chemicals of Concern

Product Category	Ingredients of Concern	Concern
water based products (ex. shampoo, cleansers, moisturizers)	methyl, ethyl, propyl, butyl parabens	Linked to cancer and may be toxic to the endocrine, reproductive, immune, and nervous systems
scented products (ex. hair products, body products)	fragrance, phthalates, musk	Linked to diabetes and asthma, potential risks to reproductive system & thyroid, builds up in the food chain
antibacterial products (ex. hand soap, toothpaste, deodorant)	triclosan	Linked to thyroid function and emergence of bacteria resistant to antibacterial products, may be toxic to the endocrine system
pH balanced products (ex. facial soap, moisturizers)	triethanolamine	Linked to allergic skin reactions; may be toxic to the immune and respiratory systems and the skin, may be toxic to fish
products that lather/foam (ex. shampoo, soap, shaving cream)	sodium dodecyl sulfate (SDS or NaDS), sodium lauryl sulfate (SLS), sodium laureth sulfate	Linked to skin & eye irritation
nail polish	toluene, formaldehyde, dibutyl phthalate	Linked to reproductive & developmental effects; headaches; dizziness; fatigue; irritates the eyes, nose, throat, & skin; formaldehyde is a known carcinogen
antiperspirant/deodorant	Aluminum Zirconium Tetrachlorohydrate GLY	Research suggests that aluminum-based compounds may be absorbed by the skin and may contribute to breast cancer

Shop Smarter

Learn about ingredients found in products

- ✓ Contact product manufacturers or visit their websites to learn more about what's in the products you use
- ✓ Visit EWG's SkinDeep Cosmetics Database, www.cosmeticsdatabase.com, to access safety profiles for cosmetics and personal care products
- ✓ Visit GoodGuide, www.goodguide.com or download their mobile app, to access information on the health, environmental, and social impacts of products

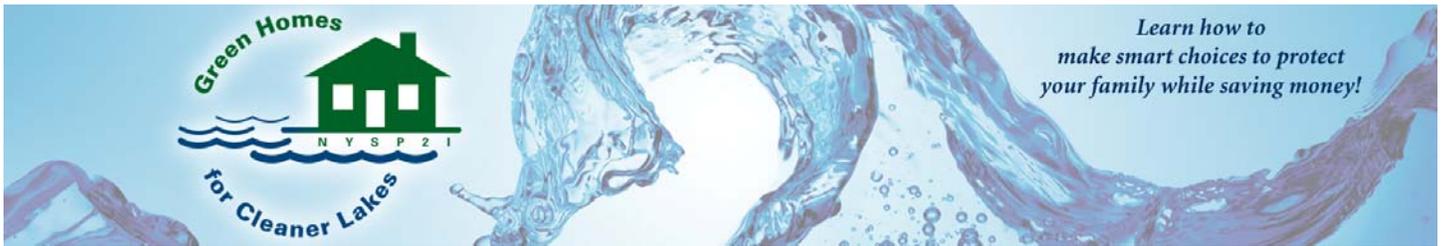
Choose safer alternatives

- ✓ Replace products used daily and those absorbed by the skin with products free of ingredients of concern
- ✓ Choose products free of unnecessary ingredients
- ✓ Choose antiperspirant/deodorant with lower levels of aluminum or are aluminum free
- ✓ Choose nail polish free of dibutyl phthalate, toluene, and formaldehyde
- ✓ Choose certified organic products

Certified Organic Products

- US FDA does not define or regulate "organic" personal care products
- USDA regulates "organic" agricultural products through the National Organic Program
- If a personal care product contains agricultural ingredients, and meets the USDA organic production, handling, processing and labeling standards, it may be eligible to be certified





Make Your Own Products

Sugar Body Scrub

Sugar
Olive oil
Lemon juice or vanilla

1. Place the sugar in a small bowl. Slowly add the olive oil and mix it in until the sugar is saturated with oil.
2. Add lemon juice or vanilla to scent the scrub.
3. Store in a sealed container and use in the shower.

Hand Lotion

Makes 4 four ounce containers

1/4 cup emulsifying wax
1/4 cup olive oil
1 1/4 cup water for thick lotion or
1 1/2 cups water for thin lotion
Few drops essential oils

1. Combine the olive oil and emulsifying wax in a glass container. Microwave for one minute until melted. The glass container will be very hot, so handle with care.
2. In a separate glass container, microwave the water for one minute. While the water is heating, add the essential oil to the melted wax & olive oil mixture.
3. Pour the hot water into the wax & olive oil. It will turn milky white.
4. Pour the hot lotion into containers and add a couple drops of essential oil. Cover the container and shake. Handle with care as the lotion will be very hot.
5. Let cool completely before using. Lotion will thicken as it cools.

Lip Balm

Makes 2 half ounce containers, adapted from <http://www.marthastewart.com/269963/lip-balms>

1 tablespoon beeswax pellets
2 tablespoons vegetable or olive oil
A few drops essential oils (optional)

1. Put beeswax and oil in a glass bowl and microwave about 1 minute, until wax has melted. Handle the glass bowl with care as it will be very hot.
2. Stir mixture with a metal spoon. Add essential oil, 1 drop at a time, until strength of scent is to your liking.
6. Using a pipette, transfer lip balm to containers and let set for 1 hour before using.

Chocolate Facial Mask

Moisturizer & softens skin, adapted from <http://www.spaindex.com/HomeSpa/ChocolateFacialMask.htm>

1/3 cup cocoa
3 tablespoons heavy cream
2 tablespoons cottage cheese
1/4 cup honey
3 teaspoons oatmeal powder

1. Mix all ingredients together and smooth onto face.
2. Relax for 10 minutes, and then wash off with warm water.



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