

Tips from Skin Deep

Search for products, brands, or ingredients to get safety information at www.ewg.org/skindeep

Safer Shopping Tips

Adapted from <http://www.ewg.org/enviroblog/2009/06/9-safer-shopping-tips-pros-skin-deep>

Use Skin Deep's What Not To Buy list to avoid especially problematic ingredients and the products that contain them.

Use fewer products. Is there something you can cut from your daily routine, or a product you can use less often? By cutting down on the number of chemicals contacting your skin every day, you reduce potential risks associated with your products.

Use the "Advanced Search" feature of Skin Deep to find products that have fewer potential health issues. Choose a product category and exclude the hazardous ingredients — carcinogens and neurotoxins, for instance — and Skin Deep can generate a custom shopping list for you.

Read labels. Marketing claims on personal care products are not defined under the law, and can mean anything or nothing at all, including claims like natural, hypoallergenic, animal cruelty free, and fragrance free. Read the ingredient label carefully to find evidence that the claims are true.

Use milder soaps. Soap removes dirt and grease from the surface of your skin, but also strips away your body's own natural skin oils. Choosing a milder soap may reduce skin dryness and need for moisturizers to replace oils skin can provide naturally.

Minimize your use of dark hair dyes. Many contain coal tar ingredients that have been linked to cancer.

Cut down on your use of powders. A number of ingredients common in powder have been linked to cancer and other lung problems when they are inhaled. FDA warns that powders may cause lung damage if inhaled regularly.

Choose products that are "fragrance"-free. Fragrances can cause allergic reactions. Products that claim to be "fragrance free" on the packaging may not be. They could contain masking fragrances that give off a neutral odor. Read the ingredient label — in products truly free of fragrance, the word "fragrance" will not appear there.


Reduce your use of nail polish. It's one of the few types of products that routinely contains ingredients linked to birth defects. Paint nails in a well-ventilated room, or outside, or avoid using nail polish altogether, particularly when you are pregnant. Browse Skin Deep's custom shopping guide for advice on nail polishes that contain fewer ingredients of concern.

Top Tips for Safer Products

Adapted from <http://www.ewg.org/skindeep/top-tips-for-safer-products/>

Acne	Avoid fragrance, parabens, PEG/cetareth/polyethylene, triclosan
Perfume	Avoid diethyl phthalate, Fragrance (on the list of ingredients), oxybenzone
Skin	Avoid retinyl palmitate or retinol in daytime skin products, triclocarban in bar soap & triclosan in liquid soap Use hand sanitizers with ethanol/ethyl alcohol
Teeth	Avoid triclosan in toothpaste
Lips	Avoid retinyl palmitate or retinol
Sun	Very few sunscreens provide adequate sun protection and are free of harmful ingredients Avoid SPF above 50, retinyl palmitate, aerosol spray & powder sunscreen, oxybenzone, insect repellent Use hats and shade in mid-day sun, Zinc or Titanium are the best active ingredients, otherwise use avobenzone at 3%. Use sunscreens with UVA and UVB protection, SPF 30 for intense sun, use a lot and reapply frequently
Hair	Avoid fragrance; PEGs, cetareths and polyethylene; parabens: propyl, isopropyl, butyl, isobutyl; DMDM hydantoin
Nails	Avoid toluene, dibutyl phthalate, formaldehyde or formalin in polish, hardeners or other nail products



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