

YOU'RE PUTTING WHAT IN MY MAKEUP?

A GIRL'S (POCKET) GUIDE TO CHEMICALS IN YOUR COSMETICS

Benzalkonium Chloride

Where: You can find this hiding in hair conditioners, facial cleansers, moisturizers etc. It is only allowed in small amounts because it is very toxic.

Why: It's an allergen as well as a known skin, immune and reproductive toxin. It's toxic to fish and birds who are exposed to it after we wash the products down the drain!

Butylated hydroxytoluene (BHT)/ Butylated Hydroxyanisole (BHA)

Where: This shows up in body lotion, after-shave, moisturizers, eye shadows, eyeliner – and the list goes on! This chemical helps products stay the right color, even after they have been open to the air (and the oxygen in it) for a long time.

Why: BHT and BHA are immune toxins that have been linked to cancer, and are harmful to your body including your reproductive and respiratory systems!

Coal Tar

Where: Usually this can be found in hair dye, but some eye makeup will have it, too. It also has a lot of different names to watch out for including "Acid Red 184," "Disperse Violet" and "Basic Blue 9."

Why: This is a known carcinogen, meaning that it has been directly linked to cancer. It has been banned in Canada because it's so dangerous – but some products can still contain it! For example, hair dyes can have it as long as they have a warning label. Some kinds of coal dyes are in mascaras and eye liners, but most aren't used in eye makeup because they're so unsafe!

Cocoamide DEA/ Lauramide DEA, TEA, MEA

Where: This is what makes your soap and other products foamy – like soap, shampoo, face wash etc.

Why: These chemicals build up in your body, and can cause skin, brain and nervous system problems when they combine with other chemicals in your body. They have been linked to cancer, and are thought to trigger asthma.

DMDM Hydantoin

Where: This is a preservative (keeps your products from going bad) and you can find it in shampoo, conditioner, skin products and more!

Why: This is a skin and immune toxin. Japan has already banned it for health reasons!

FD&C Colours

Where: These are used in your food and your cosmetics! They are usually listed like this in the ingredients, but are actually coal tars.

Why: These are linked to breast cancer, and sometimes they even have heavy metals in them. They are irritating to skin, and are thought to harm fetus development.

Formaldehyde/Formaldehyde-releasing preservatives

Where: Canada has regulations that won't allow formaldehyde in aerosol containers, but it's still allowed in very small amounts in other products. It's not really an "ingredient," but it's a byproduct which is something that is produced while the product is being made. It doesn't have to be taken out before the product is sold... to you! So, even though it's not usually found on the ingredients list, tests have found it in soaps, shampoo, conditioners, and bubble bath for kids!

Why: It is a known carcinogen and has specifically been linked to lung cancer. It can also irritate skin, cause skin sensitivity, asthma, and other health conditions even in small amounts.

Fragrance

Where: You can find this in nearly everything! It goes by other names including parfum and aroma.

Why: This is the scary part: fragrances can contain anything. The law protects "trade secrets" of the companies so that they don't have to tell you what they put in their fragrances so even though it just says "Fragrance" or "parfum" this could refer to thousands of chemicals. Many people get headaches, dizziness, rashes, skin discoloration, allergic reactions and more from fragrances.

Heavy Metals

Where: These usually are not listed, and show up as impurities or contaminants although sometimes companies add them as colorants on purpose. You might be exposing yourself to them in mascara, eyeliner, whitening toothpaste, sunscreen and more.

Why: Heavy metals build up in our bodies, and some of them (lead, mercury) are reproductive, immune, respiratory and brain toxins!

Oxybenzone

Where: You can find this chemical in sunscreen, moisturizer, lip balms and more!
Why: Oxybenzone will stay in your body and is linked to allergies, hormone disruption, cell damage and low birth weight in girls. It's also awful for the environment, including its damage to the health of coral reefs!



Parabens

Where: These are preservatives, and are found in just about everything! They have lots of names but they all end with "paraben" (ethylparaben, methylparaben, propylparaben, etc.)
Why: Some scientists suspect parabens are linked to cancer. It is already known that parabens can act like estrogens and cause changes in your body's hormonal systems which affects how your body functions. They can even enter your body through your skin!



P-Phenylenediamine

Where: It has been banned in Canada, but it is still allowed in hair dye if they give you a warning on the label.
Why: This is a powerful chemical that has been linked to cancer, and is a skin and immune system toxin. It causes bad allergic reactions for some, and has even been linked to birth defects.

Phthalates

Where: These are usually included in "Fragrance" so you won't be seeing them in the list of ingredients but they are found in hairsprays, body creams, perfumes, deodorants and more.
Why: Phthalates help make fragrances last but your body absorbs them easily where they can damage your liver, kidney, lung and reproductive systems. They can even cause infertility!

Polyethylene glycol (PEG)

Where: You can find this in cleansers, moisturizers, creams and more.
Why: This chemical helps chemicals absorb into your skin and once inside, it can disrupt your body's systems.

Propylene Glycol

Where: This chemical can be found in the ingredients for creams, lotions, makeup... and anti-freeze!
Why: It absorbs into your skin quite easily, and once inside it can cause liver, heart and nervous system damage.

Selenium Sulfide

Where: This is mostly found in your hair products, particularly if they target dandruff!
Why: Selenium sulfide has been banned in Europe and Japan because of links to health problems like cancer. It is thought to be toxic to your respiratory and reproductive systems, and continues to be toxic when it accumulates in the environment.

Sodium lauryl sulfate and sodium laureth sulfate

Where: these are used to make products foamy (like Cocamide DEA/Lauramide DEA/TEA/MEA) and are found in 90% of shampoos, and some toothpastes as well!
Why: When you get soap on your eyes, these chemicals are what makes them sting! They can irritate skin and even make it more absorptive. They accumulate in the environment too.

Synthetic Musks

Where: These are in a lot of fragrances, so you might not see them named in the ingredients! They are often used in perfume, soap, laundry detergent and other products that have scent in them.
Why: These chemicals enter your body and stay there. Scientists have linked them to a number of different health problems. They have been found in bodies of water, wildlife and fish and are known to accumulate in the environment. Japan has already banned the musk Xylene.

Talc

Where: You can find this in blush, baby powder and other cosmetics that are in powder form.
Why: This is a naturally occurring mineral, but is a carcinogen if inhaled, and researchers have linked it to lung and ovarian cancer.

Triclosan

Where: This is an antibacterial agent that you can find in lots of products: soaps, hand sanitizers, face cleansers, deodorants, etc. that call themselves antibacterial or antimicrobial.
Why: Triclosan has been linked to cancer, and in Canada there are restrictions on it so only small amounts can be used. However, small amounts can still have serious health impacts and we may be exposed to the regulated small amount in multiple products each day

Information from femmetoxic.com



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(Find this recipe and more at cosmeticsdatabase.com)
10-15 minutes. Rinse with lukewarm water.



Make it yourself!
Avocado Face Mask
Mash half a ripe avocado,
add 1 tsp honey for dry skin.
Smooth it on your clean, dry
face and let it sit for

Choose one nasty chemical off
the list and try to avoid it in as many
of your products as you can!

OR

Choose one product that you use
everyday and try to find a safer version
that will have a lower impact on you and
the environment
Take the challenge
(or make your own!)

Spread the word!
Share what you have learned
with your family and friends



Use fewer products
Do you overload on the shampoo? Try
cutting back. Or maybe you could ditch a
few products you use everyday and
save them for special occasions,
or ditch them altogether!

Use safer products
Be a label reader! Try to
avoid the super-bad chemicals
when choosing products

What can I do?

Want to find out more?

Femmetoxic.com

This is a great website with the 20
chemicals to avoid, fun activities and
recipes!

Dauidsuzuki.org

In the Health Campaign you can find the
"Dirty Dozen" chemicals, find out how to
choose a safer sunscreen, and even how
to push for better regulation of
cosmetics.

Cosmeticsdatabase.com

The Skin Deep Database is really cool.
Basically you enter the name of your
product and the database will tell you the
ingredients, and how hazardous the
product is to your health.

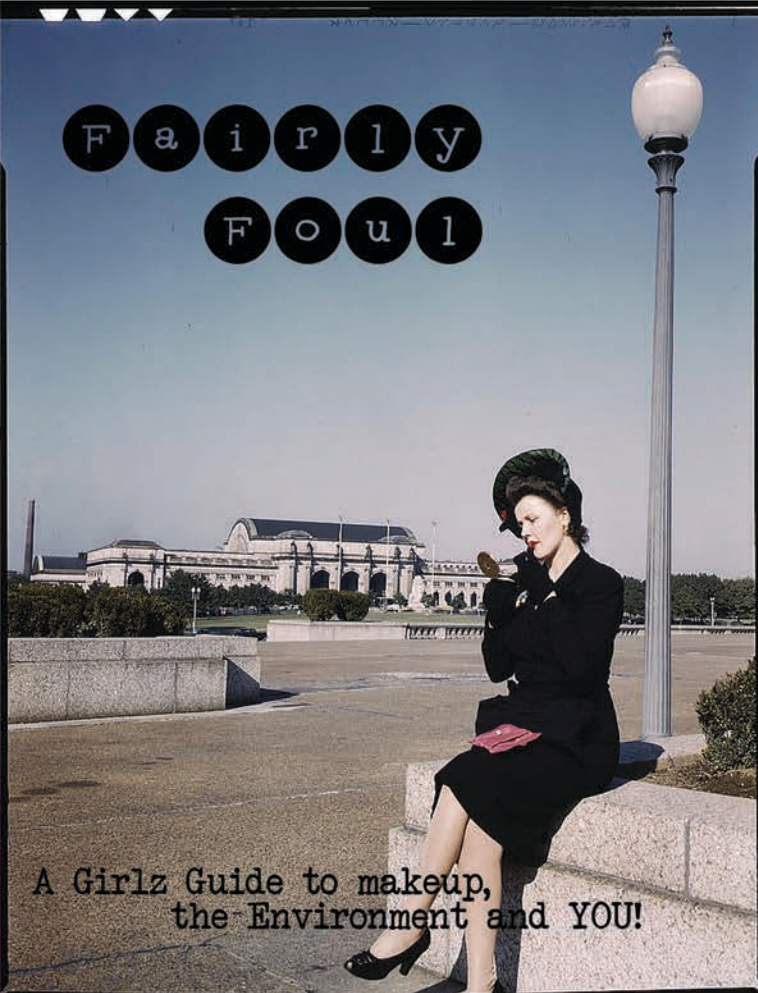


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Fairly
Foul



A Girlz Guide to makeup,
the Environment and YOU!

Why should we care?

We use many different products every day that have chemical ingredients we can absorb through our skin, breathe in and even eat (think: lip gloss)! A number of these chemicals are linked to serious health problems like cancer and birth defects!

"The Dose Makes the Poison:" The industries that produce the chemicals have claimed for a long time that it's the amount of the chemical that determines whether or not it will hurt you. There are two big problems with this:

1. We use many different products each day (the average teenage girl in the U.S. uses 17 products, and Canadians are not so different). So all those small doses of chemicals are adding up in our bodies
2. Research suggests that even small doses of some chemicals may be extremely harmful to our health.

Is the government regulating these chemicals? Well, sort of. Cosmetic companies have to tell our government which chemicals are used and what their concentrations are, but they don't have to until 10 days after the products are on store shelves! Banned or regulated chemicals appear on the Canadian Government's "hotlist" but it only applies to chemicals that have ended up in your products on purpose (so chemicals that are created or released while the product is being made aren't included). And, even chemicals that are known to be harmful are still allowed in some cosmetics!

Not all products we use are considered "cosmetics" in these regulations - including toothpaste and hand sanitizer - so they are not subject to the cosmetics regulations. Products labeled 'natural' can sometimes sneak past regulation when they are classed as natural health products.

The cycle of these nasty chemicals doesn't end in our bodies either. When we wash them down our drain or throw them in the garbage they end up in the natural environment! We know how bad these chemicals can be for our health, and they can be just as damaging to wildlife and our ecosystems! On top of that, cosmetics use an incredible amount of plastic and paper packaging that fills our dumps and adds to the chemicals in the environment as it breaks down.

