



soap & body wash

Octamethyl - cyclotetrasiloxane
Ethanolamines
Triclosan

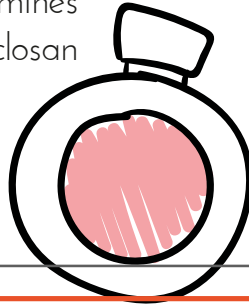
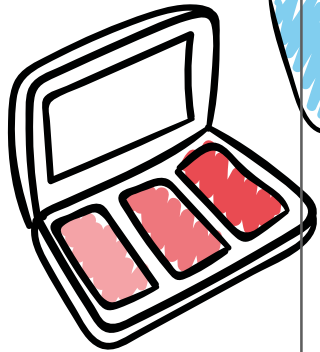
nail polish

Diethyl phthalate
Hydroquinone
Formaldehyde



make up

Galaxolide
Tonalide
Parabens
Ethanolamines



reduce toxins

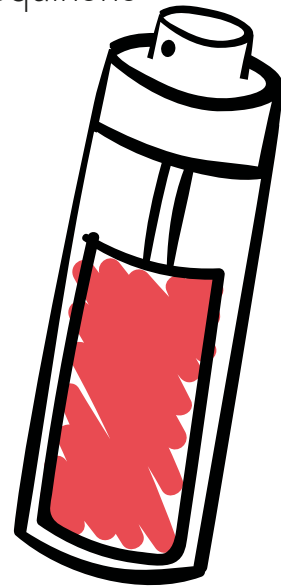
FROM YOUR PERSONAL CARE PRODUCTS

Some products you use to pamper yourself may contain synthetic oestrogens, and these contribute to the toxic load in the body. How? The skin is the biggest organ in the body and any thing we put on our body - from shower gels to moisturisers - is absorbed.

This can lead to too much oestrogens in the body, which is linked to certain types of cancers and female hormone problems. Here's my guide to what to avoid in common personal care products.

hair spray

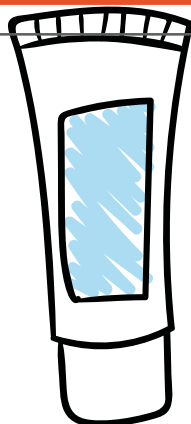
Diethyl phthalate
Hydroquinone



be aware of...

Petrochemicals are derived from crude oil. Petroleum-based ingredients such as petrolatum, mineral oil, and paraffin (derived from nonrenewable sources) form a barrier when applied to the skin that does not allow it to breathe and can clog pores. Sulfates, such as sodium lauryl and sodium laureth, are harsh detergents that give cleansers, soaps, and shampoos their latherability.

Often derived from petroleum, sulfates can also come from coconut and other vegetable oils that can be contaminated with pesticides. Sulfates can cause eye irritation and skin rashes.



body creams & moisturisers

Parabens
Butylated hydroxytoluene
Formaldehyde
Benzophenone
Ethylhexyl methoxycinnamate
Octinoxate
Ethanolamines

