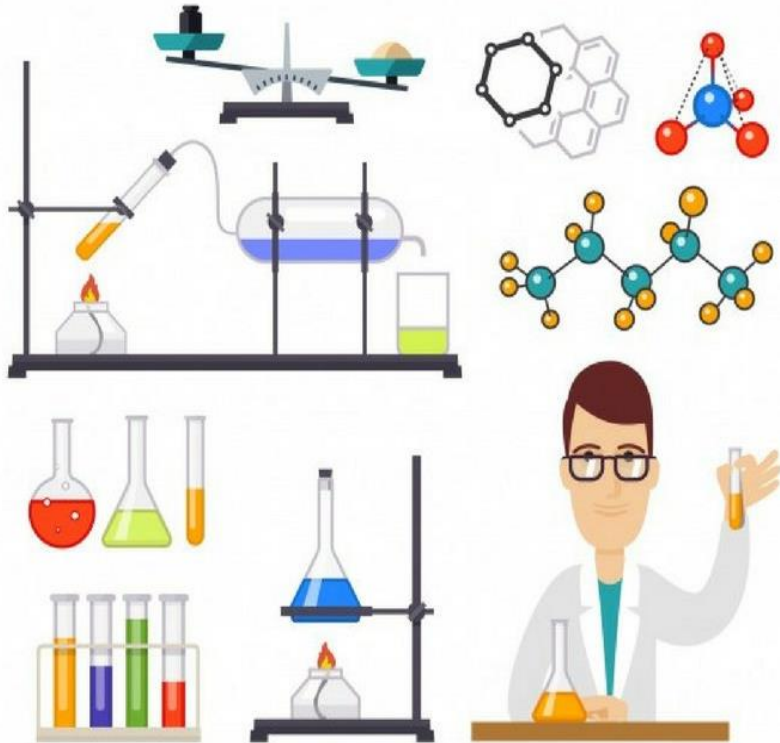


# **COSMETICS INGREDIENTS**



**COSMETICS** are mixtures of chemical compounds or ingredients, applied on hair and skin to improve its appearance and/or scent.

**Numerous reports have raised concern over the safety of cosmetic ingredients and the damages they cause on health.**





In hairdressing and nails services, a big amount of cosmetics are used, and some of their ingredients are harmful.

The effects of cosmetics on people's health depends on several circumstances:

- Kind and amount of Ingredients
- Time and frequency of exposure
- Personal condition
- Enviromental conditions

Being a professional, you´ll spend long time inhaling and being in contact with these products.



It is very important to know what ingredients are toxic and how to identify them.



# **INGREDIENTS TO AVOID !!**

# TOXICS CHEMICALS IN HAIR DYES



- **PPD** is short for para-phenylenediamine. Exposure to high levels of p-phenylenediamine may cause severe dermatitis, eye irritation and tearing, asthma, gastritis, renal failure and vertigo.
- **Hydrogene Peroxide**. Research states PPD in combination with Hydrogene Peroxide is very toxic and can lead to cancer.
- **Ammonia**. It may produce caustic burns and lung irritation.
- **DMDM Hydantoin** is a preservative that slowly releases the toxic formaldehyde chemical.
- **Parabens** can produce severe allergies and skin irritation.
- **Lead Acetate** is said to cause anemia and produce neurological problems.
- **Resorcinol** is a toxic dye that can cause scalp irritation, and is an allergen affecting the endocrine system.

# TOXICS IN NAILS PRODUCTS

## HEALTH CONCERNS

Cancer, developmental and reproductive toxicity, organ system toxicity, cellular and neurological damage and irritation, corrosive and skin sensitizing properties

## REGULATIONS

Europe and some States from USA have banned the professional use of methyl methacrylate in nail salons. Still, they continue to be ingredients.



## The Campaign for Safe Cosmetics

### RED LIST

#### NAIL POLISH

- ✓ Formaldehyde
- ✓ Toluene
- ✓ Dibutyl phthalate
- ✓ Isopropyl acetone
- ✓ Methyl ethyl ketone
- ✓ N-methyl-pyrrolidone
- ✓ Ethyl acrylate
- ✓ Ethyl methacrylate
- ✓ Methyl methacrylate



# **ETHANOLAMINE COMPOUNDS (MEA, DEA, TEA AND OTHERS)**

## **FOUND IN**

Soaps, shampoos, hair conditioners and dyes, lotions, shaving creams, paraffin and waxes, household cleaning products, pharmaceutical ointments, eyeliners, mascara, eye shadows, blush, make-up bases, foundations, fragrances, sunscreens

## **WHAT TO LOOK FOR ON THE LABEL**

Triethanolamine, diethanolamine, DEA, TEA, cocamide DEA, cocamide MEA, DEA-cetyl phosphate, DEA oleth-3 phosphate, lauramide DEA, linoleamide MEA, myristamide DEA, oleamide DEA, stearamide MEA, TEA-lauryl sulfate

## **HEALTH CONCERNS**

Cancer, bioaccumulation, organ system toxicity

## **REGULATIONS**

The European Commission prohibits DEA in cosmetics due to concerns about formation of carcinogenic nitrosamines

**The Campaign for Safe Cosmetics**





# FORMALDEHYDE AND FORMALDEHYDE-RELEASING PRESERVATIVES

## FOUND IN

Hair-smoothing products, Nail polish, nail glue, eyelash glue, hair gel, baby shampoo, body soap, body wash, color cosmetics

## HEALTH CONCERNS

Cancer, skin irritation and allergy. Most studies focused on risks from inhaling it

## WHAT TO LOOK FOR ON THE LABEL

Formaldehyde, quaternium-15, DMDM hydantoin, imidazolidinyl urea, diazolidinyl urea, polyoxymethylene urea, sodium hydroxymethylglycinate, 2-bromo-2 nitropropane-1,3-diol (bromopol) and glyoxal.

## REGULATIONS

Banned from use in cosmetics and toiletries in Japan and Sweden; in the EU and Canada, restricted in personal care products, and labeling is required;

The EU allows the use of Quaternium-15 up to 0.2% as a preservative in cosmetic products.

# Ammonium Persulfate

## FOUND IN

Hair colourants and lighteners

## HEALTH CONCERNS

Skin and eye irritation, contact dermatitis, asthma or rhinitis.

## WHAT TO LOOK FOR ON THE LABEL

Ammonium peroxydisulfate, diammonium, diazanium sulfonatoxy sulphate, peroxydisulfuric acid ammonium salt.

## REGULATIONS

The Cosmetic Ingredient Review (CIR) Expert Panel has stated to be aware of the potential for urticarial reactions at concentrations greater than 17.5%.

# HYDROQUINONE

## FOUND IN

Skin lighteners, facial and skin cleansers, facial moisturizers, hair conditioners, nail glue.

## HEALTH CONCERNS

Cancer, organ-system toxicity, allergies and immunotoxicity.



## WHAT TO LOOK FOR ON THE LABEL

Hydroquinone, tocopheral acetate, tocopheral, tocopheral linoleate, other ingredients with the root “toco”.

## REGULATIONS

EU – banned in hair dyes; restricted in nail products

Canada – concentration restrictions

US – no legal restrictions against its use

The Campaign for Safe Cosmetics



# **BENZOPHENONE & RELATED COMPOUNDS**

## **FOUND IN**

Nail polish, fragrance, shampoo, conditioner, hair spray, moisturizers, baby sunscreens and lip balm

## **HEALTH CONCERNS**

Cancer, endocrine disruption, developmental and reproductive toxicity, organ system toxicity, irritation, ecotoxicity

## **WHAT TO LOOK FOR ON THE LABEL**

Benzophenone, ingredients containing the word benzophenone (for example benzophenone-2), BP (for example BP2), oxybenzone, sulisobenzene, sulisobenzene sodium.

## **REGULATIONS**

Benzophenone is restricted in cosmetics in United States and oxybenzone is restricted in cosmetics at up to 10% maximum concentration in the EU

# 1,4-DIOXANE

## FOUND IN

Products that create suds (such as shampoo, liquid soap, bubble bath), hair relaxers, others

## HEALTH CONCERNS

Cancer, organ-system toxicity, irritation

## WHAT TO LOOK FOR ON THE LABEL

Sodium laureth sulfate, PEG compounds, chemicals that include the clauses xynol, cetareth and oleth

## REGULATIONS

Banned/unsafe for use in cosmetics in Canada

The Campaign for Safe Cosmetics



# COAL TAR

## FOUND IN

Shampoos and scalp treatments, soaps, hair dyes, and lotions.

## HEALTH CONCERNS

Cancer, organ system toxicity, bioaccumulation.

## WHAT TO LOOK FOR ON THE LABEL

Coal tar solution, tar, coal, carbo-cort, coal tar solution, coal tar solution USP, crude coal tar, estar, impervotar, KC 261, lavatar, picis carbonis, naphtha, high solvent naphtha, naphtha distillate, benzin B70, petroleum benzin [3,4].

## REGULATIONS

According to the FDA, any drug products containing coal tar at levels of 0.5% to 5% must specify on a label the concentration of coal tar.

**The Campaign for Safe Cosmetics**



# BUTYLATED COMPOUNDS

## FOUND IN

Lip products, hair products, makeup, sunscreen, antiperspirant/deodorant, fragrance, creams

## HEALTH CONCERNS

Endocrine disruption, organ-system toxicity, developmental and reproductive toxicity, cancer (possible), irritation, allergies and immunotoxicity, bioaccumulation

## WHAT TO LOOK FOR ON THE LABEL

BHA, BHT

## REGULATIONS

Banned or found unsafe for use in cosmetics in the EU (BHA only)

The Campaign for Safe Cosmetics



# FRAGRANCES

## FOUND IN

Most personal care products including sunscreen, shampoo, soap, body wash, deodorant, body lotion, makeup, facial cream, skin toner, serums, exfoliating scrubs and perfume.

## HEALTH CONCERNS

Some have evidence linking them to health effects including cancer, reproductive toxicity, allergies and sensitivities.

## WHAT TO LOOK FOR ON THE LABEL

Fragrance, perfume, parfum, essential oil blend, aroma.

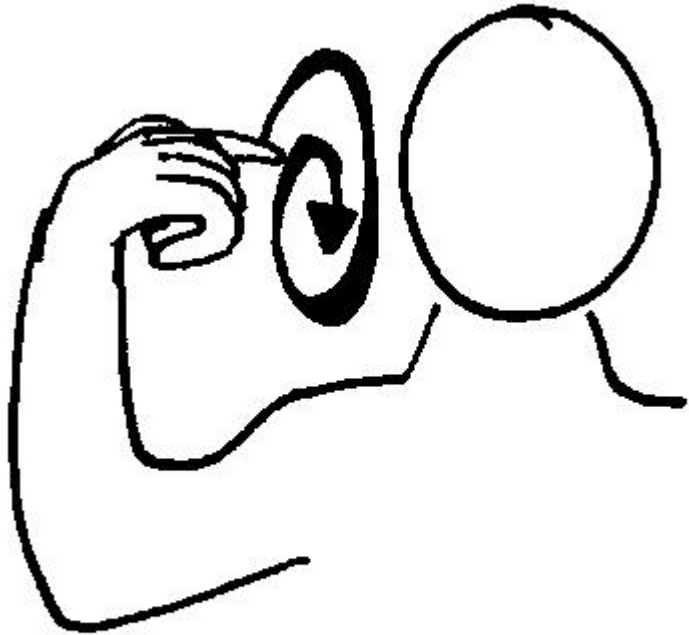
Fragrance ingredients may be derived from petroleum or natural raw materials. The chemical components in fragrance itself are protected as trade secrets and described on the label only as “fragrance.”

## REGULATIONS

The US, Canada, and Europe rely on the Research Institute for Fragrance Materials to identify ingredients for use in fragrance. This means the international Fragrance industry is self-regulating.



Are you



CRAZY ??

How am I going to  
work in my salon  
without these  
products??

Just because a product has chemicals in it doesn't instantly mean it's dangerous.

Literally everything is made of chemicals, so just do your own research about which chemicals are dangerous and which are not.



# Natural and organic ingredients

- A product is considered "natural" when it contains ingredients that are sourced from nature rather than created synthetically.
- Natural products generally don't include ingredients like petrochemicals, parabens, sodium lauryl and laureth sulfates, phthalates, synthetic dyes and synthetic colors.
- The main distinction between natural and organic beauty products is that organic ingredients must pass more rigorous standards of purity. In order to be organic, an ingredient must have been derived without the use of synthetic pesticides, petroleum fertilizers or sewage sludge fertilizers, and it must not be a genetically modified organism .



- Remember that product packaging and advertising may be worded deliberately to confuse you.

- Research the safety of your cosmetics' ingredients, research the companies you do business with, and read your ingredient list before buying.

- In the United States, there is little regulation of advertising products. A product with a low percentage of natural ingredients can still be advertised as "natural ".



- There are many providers and cosmetics producers that offer natural and organic products.
- You shall look for them in your area and be aware of advertising claims



Nowadays there are many tools to help us discover which ingredients we should avoid in our personal care products.

## Webs as:

[www.madesafe.org/](http://www.madesafe.org/)

[www.beautypedia.com](http://www.beautypedia.com)

[www.cir-safety.org](http://www.cir-safety.org). The Cosmetic Ingredient Review (CIR) studies individual chemical compounds as they are used in cosmetic products.

## Apps such as :

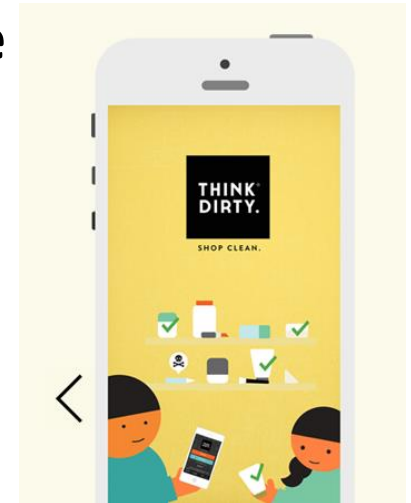
**Think Dirty® app.**

**Cosmetifique app.**

**EWG's Healthy living app.**

**The GoodGuide mobile**

**The Skin Deep® app**





Visit the stands and check our website [www.greensalon.eu](http://www.greensalon.eu) for more information.

THANK YOU FOR YOUR ATTENTION