



The Skinny on Natural Skin Care

by Juli Edwards

It turns out beauty is more than skin deep: The average person slathers, lathers, rubs and sprays, 10 different skin care products on his or her body every day—and since our skin acts more like a sponge than a barrier, we absorb the nearly 130 chemicals we regularly expose ourselves to. Cosmetics companies and the FDA maintain that these chemicals are safe, and many of them are—in small doses at least. But consider that the average woman wears makeup every day, and you begin to understand how a little dab here a quick spray there begins to add up. The fact is, no one really knows how certain chemicals affect us over time, or how they react in our bodies in combination. Other chemicals have known dangers: Phthalates, for example, which are often found in artificial fragrances, are a class of hormone disruptor which can be linked to birth defects, sperm damage, infertility, and the feminization of baby boys, for instance.

Almost 90 percent of the 10,500 cosmetics and skin care ingredients known to the U.S. Food and Drug Administration have not been evaluated for safety by the Cosmetic Ingredient Review, the FDA, or any other publicly accountable institution, according to the Environmental Working Group. To be fair, no one's dropping dead after a using a mascara wand or a body wash, and manufacturers have an interest in creating products that don't harm their customers. But complex chemicals with potential unknown side effects lead us to be precautionary. That is to say, if we'd prefer to err on the side of safety until we know. We're not the only ones who feel this way: More than 1,110 personal-product ingredients have been banned for use in cosmetics in the European Union because of concerns that they may cause cancer, birth defects, or reproductive ills. By contrast only 10 are banned here in the U.S.

How to green your beauty routine Simplify

Don't be fooled by cosmetic advertising: Myriad creams, lotions, and potions at the drugstore and cosmetics counter make promises they could never deliver on. To keep you skin in glowing tip top shape, work with a facialist specializing in organic products and treatments. He/She can help you develop a simplified beauty regimen for your specific skin type and needs. At Healthy Life Salon and Organic Wine Bar, we offer a fully licensed professional who is an expert in organic skincare and facials. Ask us about our favorite line of organic skin care.

Make Sure "Natural" Is Really Natural

Toxic synthetic chemicals are the biggest issue in the beauty industry today, so it pays to hone a keen eye when it comes to examining product labels. The Food & Drug Administration (FDA) establishes the regulations and standards in the United States regarding the manufacture of drugs & food. The problem is that they do not pay as much attention to skin care and make-up as they should, thereby allowing some very harmful chemicals to be used in creating almost every product that is mass marketed.

Some of the harmful ingredients that are used frequently in manufacturing the most common non-organic skin care and make-up items include:

- Mercury
- Dioxane
- Nitrosamines
- DEA
- Cyclomethicone
- Ammonium Laureth Sulfate
- Alcohol, Isopropyl (SD-40)
- Polyethylene Glycol
- Polyethylene eth-

Ingredients that can be found in some products labeled natural but are actually anything but natural include:

- Polymethyl Methacrylate
- Trilaurin, Carbomer
- Sodium Citrate
- Dimethicone
- Phenoxyethanol
- Caprylyl Glycol
- Ethylhexylglycerin
- Hexylene Glycol

A great resource to consult when determining if a product is safe is the Environmental Working Group's Skin Deep Cosmetics Database site, which rates popular cosmetics and personal-care products with hazard scores on a scale of 0 to 10, depending on their toxicity.

Say No to Fragrance

A loophole in federal law doesn't require companies to declare any of the dozens of toxic chemicals that a single product's fragrance mixture could contain. Artificial fragrances, which frequently contain phthalates, can also trigger allergic reactions and other health problems. Be mindful of the hidden dangers that "fragrance" or "parfum" listed on ingredients labels can pose, and always choose fragrance-free products.

At Healthy Life Salon and Organic Wine Bar we specialize in using all organic personal care products that supports a sustainable environment by using fewer damaging chemicals, helping you lead a healthier, more beautiful life. We care about the world around us and take comfort knowing that the products we use are kinder and gentler on our clients and all of its inhabitants. We take care of you head to toe!

Natural Skin Care: By the Numbers

- 4 pounds: Average amount of lipstick a woman will ingest over her lifetime.
- 11: Percentage of the 10,500 ingredients used in personal-care products that the U.S. government has documented and publicly assessed for safety.
- 1,110+: The number of ingredients banned in cosmetics in the European Union.
- 10: The number of ingredients banned in cosmetics in the United States.

- 600: The number of companies that have signed the Compact for Safe Cosmetics.
- 20: Percentage of personal-care products that contain at least one chemical linked to cancer.
- 22: Percentage of cosmetics contaminated with possible cancer-causing impurity 1,4-dioxane.

\$160 billion: Amount spent annually on skin- and hair-care, makeup, cosmetic surgery, fragrances, health clubs, and diet products.