

GREEN TIPS / PERSONAL CARE

➔ Beauty products and treatments come in sleek packages and promise smoother skin, shinier hair, and renewed youth. Cleansing and pampering feel good, but many of us are unaware of the hidden dangers. Before making another beauty appointment or stocking up on cosmetics, consider these tips. **BY RHEA MAZE**

Most nail polishes contain formaldehyde, dibutyl phthalate, and toluene—toxins known to cause serious health problems. Seek out certified green nail salons that use non-toxic organic ingredients, or pack along your own water-based polish and acetone-free remover.

FINGERS AND TOES

Body care products have many impossible-to-pronounce ingredients with unknown health effects. Shun the top offenders: aluminum, phthalates, parabens, hydroquinone, sodium laureth sulfate, formaldehyde, and triclosan.

black list ✓

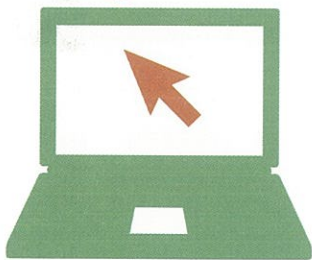
BRUSH UP

Most toothpastes contain petroleum-derived ingredients, artificial sweeteners, synthetic flavors, and preservatives. Stick to natural brands or simply use a blend of baking soda, sea salt, and peppermint oil.

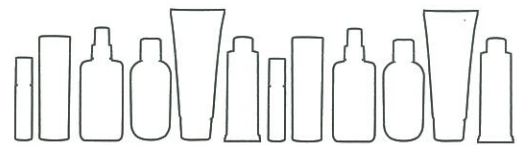
home remedies

Treat yourself to a homemade spa session. The Internet is full of recipes for body scrubs, cleansers, face masks, hair treatments, and more made with simple ingredients like sugar, salt, oils, honey, avocado, herbs, tea, cucumber, and milk.

Get Smart



Personal care products are some of the least regulated items you can buy. The majority of the 10,500 ingredients used in cosmetics have not been tested for their potential health impacts. Evaluate the products you purchase at websites such as www.ewg.org/skindeep, www.lesstoxicguide.ca, or www.safecosmetics.org.



PARE DOWN

The average woman applies 12 different personal care products each day, containing more than 500 ingredients. Limit the amount of toxic chemicals you absorb, inhale, and ingest by downsizing your routine.

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