

WHAT TO WATCH OUT FOR

Avoid Unpronounceable Toxic Ingredients

The Environmental Working Group is a great resource for evaluating ingredients in beauty products and translating the gobble-dygoon into plain English. Check out the researchers' latest findings at *CosmeticsDatabase.com*. To start, steer clear of these ingredients, identified as most toxic:

Parabens or any ingredient that ends with this word – affects hormones

Polyethylene glycol (PEG) – toxic contaminant

Sodium lauryl, or laureth, sulfate – contaminant that may cause skin damage

Triclosan and triclocarban antibacterials – present potential thyroid concerns

Triethanolamine (TEA) – contaminant that may trigger allergies

Dimethylol Dimethyl (DMDM) hydantoin and Imidazolidinyl urea – preservatives that release formaldehyde

Fragrance and dyes – may cause allergies or cancer and affect the nervous system

Methylchloroisoithiazolinone and Methylisothiazolinone – preservatives that may cause allergies and affect the nervous system

Each day, the average woman uses a dozen products containing 160 chemicals, while men apply about 80 chemicals to their bodies. However, 64 percent of beauty product users say they use at least some "natural" items.

~ Not Just a Pretty Face: The Ugly Side of the Beauty Industry, by Stacy Malkan

Naturally safe alternatives to commercial chemical deodorants may be made with lavender, cypress or geranium essential oils, beeswax, baking soda or rock crystal salts.

~ *ehow.com*