

Clean Makeup Companies, Natural Deodorant and Toxins

Clean Companies

Terressentials, Suncoat, Raw Hair By Melanie, and Miessence

Korres for mascara only!

They all offer different body and beauty products so it depends on what you are seeking. Look at all of their websites and pick and choose the products you want from each company.

Korres is a beauty company that has some products that are better than most but not as clean as the ones I listed above. They make the cleanest mascara I can find that doesn't flake and run.

Make your own Deodorant!!

2 Tablespoons of each: Coconut oil, baking soda, shea butter, arrow root powder. 5-10 drops of Tea tree oil and 5-10 drops your favorite essential oil scent(I like Orange and my wife likes Lavender)! Try to find aluminum free products if available!

This makes about 4 ounces of deodorant so find a good glass jar!

Add all ingredients **except** tea tree and essential oil in a small pan and heat on low and mix until all are liquid and uniform. Empty contents into a small jar that has a lid! Add 5-10 drops of tea tree oil and 5-10 drops of your favorite scent close lid and shake together. Playing with the amount of drops will vary so find what works best for you. The deodorant will be harder in the winter and more liquid in the summer due to the properties of coconut oil.

FOR YOUR INFO: We are made to sweat!! Our skin is the biggest organ in the body and sweating is a way to get toxins out of the body. Putting aluminum on the body every day is bad enough but blocking sweat is even worse. Put your thinking hats on, if you block the toxins coming out of your arms where do they go?? They don't disappear, Maybe they settle in your breast tissue (causing excess toxins may lead to breast cancer) or reabsorb in the body and get filter out of the liver or kidneys causing them to work harder. So lets put something on that makes us smell good but keeps those toxins coming out!!

Common Toxins in beauty products

Many skin care products are loaded with ingredients that harm our skin and bodies over time.

Here are the winners, or perhaps we should call them the losers. Top ingredients to **Avoid!!**

PETROCHEMICALS

- May also be listed as: Mineral Oils, liquid paraffin, paraffin wax, petrolatum
- Found commonly in lotions, creams and baby care products, this ingredient is a byproduct of distillation of gasoline. Should you be putting this on your skin? It is a cheap ingredient to purchase and therefore it is used liberally in skin care products! When applied topically to the skin it is difficult to absorb, it clogs pores and slows the skin's ability to breathe and eliminate toxins. Mineral oil is foreign to the human body and once it is absorbed it has to be broken down by liver.

Dioxane

- May also be listed as: 1,4-dioxane. Also a by-product of products listed as – myreth, oleth, laureth (sodium laureth), PEG, polyethylene glycol, polyxynylene, oxynol.
- Readily absorbed into the skin, this chemical is 'known to the State of California to cause cancer'. This is another cheap ingredient that provides mildness to harsh detergents. It is also often found in products that claim that they are 'natural' or 'organic', so read labels carefully!

Fragrances

- Ever wonder what they mean by 'fragrance' on an ingredient label? We all like to smell nice but at what expense? Many fragrances are produced from ingredients that are known to be harmful to our bodies. When an ingredient is listed as 'fragrance' it is composed of artificial ingredients and harsh alcohols. They often contain phthalates (pronounced THAY-lates), synthetic chemicals commonly used to stabilize fragrances and make plastic more pliable. These endocrine disrupters mimic hormones and may alter genital development. Avoid products that list fragrance as an ingredient unless the label states that it's derived from essential oils, or look for a phthalate-free label on the packaging. If you enjoy scented products look for products that are scented with essential oils. Essential oils nourish your skin while providing a natural scent. 'Fragrances' can be especially irritating if you have dry or sensitive skin.

Parabens

- May be listed as: methy, propyl, butyl and ethyl paraben
- Found in a variety of personal care products parabens are used as a preservative to give products a long shelf life. Parabens can mimic estrogen and therefore can interfere with the body's endocrine system and also play a role in the development of breast cancer.

Polyethylene (PEG) compounds

- May be listed as: PEG
- This harsh petroleum product is found in oven cleaners! And when used on skin over time, it can cause premature aging. PEG compounds are used as surfactants, cleaning agents and humectants in a variety of skin care products.

DMDM Hydantoin

- This preservative emits formaldehyde, which the US National Toxicology Program and Environmental Protection Agency has described as a “known to be a human carcinogen”. Formaldehyde hampers immune-system function and the use of it has been banned in personal care products in many other nations. The following ingredients break down and release formaldehyde: diazolidinyl urea (or 3-diol diazolidinyl urea) 2-bromo-2-nitropropane-1 (or bronopol) DMDM hydantoin.

Triclosan

- A versatile antibacterial, Triclosan is often used in hand sanitizers, body washes, antiperspirants, deodorants and toothpastes but this ingredient can disrupt thyroid and reproductive function.

Sodium lauryl/laureth sulfate

- A petroleum derivative, this ingredient gives soaps and body washes their suds. Sodium lauryl sulfate dissolves the oils on your skin, causing a drying effect and altering skin chemistry which allows other chemicals to penetrate deeper. The Journal of the American College of Toxicology declares this ingredient as a mutagen – which means it can change the genetic material found inside our cells and also damage our immune system.

Pthalates

- May be listed as: Dibutylphthalate and diethylphthalate (DBP, DEP, also butyl ester)
- Pthalates help lotions absorb into the skin. The EPA and the Department of Health and Human Services classify phthalates as potential or probable human carcinogen. This chemical has been associated with many severe allergic reactions and can damage the liver, kidneys, lungs and the reproductive system. DBP is used in **cosmetics**, toys, flooring, adhesives, wallpaper, furniture, raincoats and shower curtains.

UREAS, formally known as diazolidinyl urea, imidazolidinyl urea, or DMDM hydantoin and sodium hydroxymethylglycinate, are preservatives that have the potential to release formaldehyde in very small amounts and are a primary cause of contact dermatitis.

MEA/DEA/TEA are “amines” (ammonia compounds) and can form harmful nitrosamines when they come in contact with nitrates. Used as foaming agents, synthetic stabilizers, and to adjust the pH of cosmetics, they can cause allergic reactions, eye irritation, and dryness of the hair and skin.

CHEMICAL SUNSCREENS, such as oxybenzone and octylmethoxycinnamate, have been known to disrupt endocrine activity. Titanium dioxide and zinc oxide are safer alternatives.

QUATS, such as benzalkonium chloride, steardimonium chloride, cetrimonium bromide, and cetrimonium chloride, give a positive charge to conditioners in order to prevent static. They are necessary for conditioners, but we have allowed only the mildest quats in our Beauty With a

Conscience standard: guar hydroxypropyltrimonium chloride, hydroxypropyltrimonium oligosaccharide, and SugaQuats.

ANTIBACTERIAL COMPOUNDS, such as triclosan and chlorphenesin, do not break down in the environment and may contribute to bacterial resistance.

SYNTHETIC POLYMERS, such as sodium polyacrylate and carbomer, come from petroleum and give viscosity to skincare products. They are highly processed and their manufacture creates toxic by-products.

SYNTHETIC COLORS are made from coal tar. They contain heavy metal salts that may deposit toxins onto the skin, causing skin sensitivity and irritation. Animal studies have shown almost all of them to be carcinogenic. They will be labeled as FD&C or D&C, followed by a color and a number.

CHELATORS, such as disodium EDTA and tetrasodium EDTA, are used in personal care products to remove impurities from low-quality raw materials. They do not readily biodegrade in the environment.

NANOS are a new technology with inconclusive but potentially hazardous study results. Research suggests that when tiny nano particles penetrate the skin, they may cause cell damage