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Toiletries, chemicals, and personal care products

This is an area where we can greatly reduce our chemical load. Personal care products are some of the most toxic. Do you know that the average woman who uses cosmetics, lotions, lip stick, fingernail polish, hair gel, etc. walks out the house in the morning with over 60 known carcinogenic chemicals on her body (!) And over 515 chemicals in general. These chemicals interfere with our bodily processes — especially our hormones and are linked to increased risks of cancer and auto-immunity. With the rise in our populations with these diseases we clearly need to reduce our chemical exposures. Here is a nice starting point and a relatively easy way to reduce your chemical exposure.

Cooler weather a good time to try making your own deodorant and/or toothpaste. The base is coconut oil, if like myself, you don't like a/c in the summer . . . the coconut oil becomes liquid. It then requires a little more working with, for example putting it in the fridge and then remembering to take it out with a little time to soften before you use it . . . I did discover this last summer for my deodorant; when it is semi-soft cut it into little squares then put it in fridge. You can take the deodorant squares right from the fridge and rub it into your underarms -- it melts on skin contact. Anyway fall, winter, spring the deodorant and toothpaste is perfect consistency just sitting in my bathroom closet -- so try these in those seasons first.

Homemade Toothpaste

1 cup coconut oil – not liquid not completely solid, “stir-able”

1/4 cup bicarbonate (baking soda)

20–30 drops of your favorite essential oil – I like cinnamon oil (if not putting in cinnamon powder, or allspice, or peppermint & spearmint.

Stir together, put in a jar.

Optional add ins:

☪ You can add 1 TBSP white cosmetic clay, this helps to whiten teeth and pull toxins out of the mouth.

☪ 1/4 – 1/2 tsp cinnamon powder

I also put a powdering of turmeric powder on my brush — after dipping it in the toothpaste I dip my brush in turmeric powder – this helps to whiten teeth although it momentarily makes your mouth quite orange.

Most commercial toothpastes contain fluoride (toxic to our brains, studies show exposure to fluoride lowers IQ!) Also many toothpastes contain plastic micro-beads that get stuck under your gums and cause infections. Most toothpastes also destroy your mouth micro-biota — those good bugs in our gut we are learning about are also in our mouth and on our skin. Most dental products kill them off. And we now know that mouth infections are directly linked to heart health. Good reasons to make your own toothpaste that supports the mouth micro biome and does not contain any harmful effects.

Homemade Deodorant

Most commercial deodorants contain parabens (known carcinogenic) and aluminum (anti-perspirants) which are connected to Alzheimers, among other concerns. If you want to save yourself those exposures just try this:

3 TBSP coconut oil – not liquid not completely solid -- “stir-able”

3 TBSP bicarbonate (baking soda)



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3 TBSP arrowroot powder

15–20 drops of your favorite essential oil –I like tea tree oil or lavender oil or eucalyptus or lemon and/or myrrh.

Optional add in: Pinch of Clove powder. Stir together and put in a jar.

Spray on Witch Hazel Deodorant

2 oz witch hazel

3 drops of lavender

2 drops of clove

1 drop of citronella

1 drop tea tree oil

Place all ingredients in a glass or stainless steel spray bottle and use. Stores well for many months.

Body Care

I will share a little secret ... I don't use soap. Nor do I make my own with lye. I am not so sure about lye, even though "they" say it is safe, I am leery since when handling it you can't touch it or inhale it as it will burn So I use:

My Soap

1 quart coconut or sesame or kukui oil to 30 drops lavender oil and just rub rub rub it in under the shower. Geranium oil is also good for your skin, reducing wrinkles, nourishing it, and it stimulates your lymphatic system all the while repelling insects :) And it has a pleasant scent. You can combine both oils in your oil soap if you like, or alternate.

For my face "soap"

I use Kukui nut oil, it is a nice light oil. 1/2 pint of kukui nut oil with 8 drops geranium oil or in the winter I sometimes use lime essential oil.

Many times in the shower or bath I feel like I need to scrub, I make several body scrubs; 3 of which I have made up and ready to use at any time; one is coffee based (used coffee grounds), one is Dead Sea salt based with rose and cinnamon, and the other is sugar, honey, peppermint oil and vanilla bean based.

My Favorite Homemade Body Scrub

I came across this on the “back side” of Maui in an isolated little town called Kipahulu . . . a wonderful beautiful place filled with waterfalls. This little stand used to also make smoothies for the few tourists that wandered around the back side, there was not any electricity (at one time –then ...) so you had to pedal a bike for them to run the blender . . . Even though the bike is no longer there, if you ever get to Kipahulu it is a great little spot.





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Here is the recipe:

About 4 coffee scoops of USED coffee grounds

1 Tablespoon or so of cardamom

1 Tablespoon or so of cacao beans

A sprinkle of sea salt

And top it off with coconut oil

*Bobbi's addition is to add a few drops of Ginger

Essential Oil

And don't forget the Love.



Another Sweet Body Scrub I Enjoy

Vanilla Mint Honey Scrub

Ingredients:

1 cup organic sugar

1/2 cup sweet almond oil

1/4 cup raw organic honey

1 organic vanilla bean, split and scraped

10 Peppermint Essential oil (therapeutic grade and organic if possible)

1 tsp vanilla extract (optional)

Mix it all together, add more or less sugar to desired consistency. I decorate it with the left over split vanilla bean on the bottom of the jar.

Cinnamon and Ylang Ylang Salt scrub (adapted from

floracopeia.com)

Combine:

1 cup Sea Salt

1/2 cup [Jojoba oil](#),

1/2 teaspoon true Cinnamon powder (cinnamon can burn so do not use more!)

1/4 teaspoon of finely ground Rose Petals (or dried flowers — you can powder in a coffee grinder)

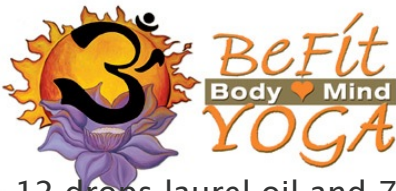
4–8 drops of [Ylang-ylang](#) essential oil.



This easy-to-make salt scrub restores smooth, glowing skin, while nourishing the heart and mind. The mood enhancing plant aromas envelop your senses as you effectively stimulate circulation and detoxification with the purifying power of sea salt and herbs.

Mix well. During showering, apply to body by gently scrubbing towards the heart. Rinse thoroughly. Enjoy this lovely body-mind ritual to nourish inner and outer glow.

Healthy Lymph Scrub



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12 drops laurel oil and 7 drops **grapefruit oil** in 1 cup of fine sea salt and ½ cup **jojoba oil**.

Aromatic Salt Scrub

With Frankincense, Ginger, and Ylang Ylang

Aromatherapeutic body scrubs help increase circulation and gently exfoliate while renewing and settling the mind.

Creating your own aromatic salt scrub is fun and easy, and it makes a great homemade gift!

This recipe, created by [Sara Crow L.Ac.](#), unites the spiritual and meditative powers of frankincense with the grounding spice of ginger and the sensual aroma of ylang-ylang. It helps release tension and make way for better sleep.

INGREDIENTS:

1 cup of sea salt

½ cup of **jojoba oil**

1 drop of **frankincense essential oil**

1 drop of **ginger essential oil**

1 drop of **ylang-ylang essential oil**

INSTRUCTIONS:

1. Mix all ingredients in a bowl.

2. Add to a jar and use regularly for lustrous skin and a clear mind!

Lotions are filled with toxins, pure oils are filled with medicinals. Why choose oils over lotions? Lotions are filled with petroleum based oils which disrupt hormone function leading to breast, prostate, and other cancers. Oils nourish our skin, and massaging the skin is very good for us too:

☸ Massaging oils onto your skin calms your nervous system, the skin has over 20 million sensory neurons.

☸ Massaging your skin releases oxytocin in to our blood stream . . . this is the LOVE hormone responsible for bonding, loving, caring, and sharing attitudes improving our behaviors and moods :)

☸ Rubbing oils into your skin, known as abhyanga in Ayurveda is good for the lymphatic system helping our body move toxins out while transporting fats and other nutrients.

In addition massaging oils on our skin even improves the benefits by nourishing our skin microbes, they feed on oils and fatty acids, so oiling our skin feeds our good microbes . . . we want our skin microbes to hang out with us longer! Here is why:

☸ Skin Microbes reduce skin infections — this is why dry skin is more prone to infection.

☸ The good microbes block bad bacteria from getting into our skin protecting us.

☸ ANTI-AGING!! Both carrier oils and especially essential oils heal our skin and keep us looking younger, part of this is because the essential oils also heal us from the inside out. If you want beautiful external skin, then focus on your internal skin lining your gut and other vessels — the health of the internal skin determines the health of our external skin.

☸ And we have evidence showing that our skin microbes can communicate with our gut microbes improving over all immunity.

Here are some great skin lotion recipes:

Tropical Paradise Body Butter (for dry skin)

Ingredients

☸ 1/2 cup shea butter

☸ 1/2 cup mango butter

☸ 1/4 to 1/2 cup sweet almond oil

☸ 2 TBSP organic pomegranate seed oil



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ॐ 50 drops organic sandalwood essential oil

Directions

Melt shea butter and mango butter by placing the containers in warm water. Mix together all ingredients and place in a jar.

Shea Butter: Shea nut oil is great for protecting against harsh weather conditions where a mild barrier against the elements is desired. Shea nut oil comes from cold pressing the nut of the shea tree during shea butter production, where the pressing of the seeds produces a fractionated oil. Shea nut oil lends a smooth and moisturized feel and brings many benefits for dry skin, mild burns, and general irritations.

Mango Butter: Mango butter is also great for protecting, moisturizing, soothing, and softening the skin. This butter has natural emollient properties. The look and feel of this butter is similar to cocoa and shea butters, which could be used as well.

Pomegranate Seed Oil: A relatively stable oil, organic pomegranate seed oil is wonderfully viscous, rich, and offers beneficial nutrients to the skin. This prized oil is luxurious and deeply penetrating, made from cold-pressed organic seeds of pomegranate fruit. It takes over 200 pounds of fresh pomegranate seeds to produce just one pound of pomegranate seed oil, so only a small amount is needed within formulas.

PEPPERMINT CLOUD BODY BUTTER (from Mountain Rose Herbs)

Ingredients

- 1/2 cup organic unrefined shea butter
- 1/2 cup organic cocoa butter
- 1/2 cup organic unrefined coconut oil
- 1/2 cup organic rosehip seed oil
- 2 tsp Vitamin E oil
- 100 drops organic peppermint essential oil or bergamot mint essential oil
- 30 drops organic ylang ylang essential oil

Directions

Combine the first five ingredients in the top of a double boiler. Gently heat and stir until the butters liquify. Remove from heat and allow the mixture to partially cool. You can refrigerate to speed up this process. Once the mixture has cooled and is beginning to solidify, add the essential oils and whip with a hand mixer or stand mixer until the body butter is fluffy. Once stiff peaks have formed, spoon into cute jars. This creates about one quart of whipped body butter.

For daytime pick me up moisturizer:

I mix 1/4 cup each of Mango butter, shea butter, and almond oil with some wild orange essential oil. In the winter I use cocoa butter instead of shea butter.

(Wild Orange is good for anxiety, depression, and fear.)

A nice morning Invigorating Body Oil

20 drops rosemary

12 drops Pine



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8 drops eucalyptus

In a half pint of carrier oils; I like jojoba, sweet almond, and apricot

For night time light body moisturizer:

I mix 1/2 cup each of almond and coconut oils with 10–15 drops each of Frankincense and Thyme essential oils

For a night time heavier moisturizer:

I mix 1/2 cup each avocado oil and shea nut butter with 30 drops of patchouli OR frankincense OR marjoram.

Exotic Spice Body Oil (I like this for night time) — One of my favorites

16 drops lemongrass

20 drops sandalwood

4 drop ginger

In a half pint of carrier oil of your choice; I like to mix hemp, jojoba, and sweet almond in a half pint then add the essential oils.

Palo Santo Soothing and Protective Blend

A nice lotion for morning or night that has the added benefits of palo santo. Palo Santo is a sacred oil from the trees of Peru — it can be classified with Frankincense, Myrrh, and Sandalwood, it has a calming effect on the mind, is very cleansing of the air fighting air borne pathogens and repelling mosquitos. It can also be helpful in reducing joint pain.

Laurel has a great ability to support muscles and joints as well.

Neroli or Neroli petigrain is especially supportive of the skin and mood.

Cedar is an all-time favorite tree nectar of mine, it has calming and grounding properties bringing one into equilibrium.

20 drops Palo Santo

8 drops Neroli OR Neroli Petigrain (much cheaper, petigrain means the flower is distilled with the leaves and twigs of the tree extending the oil)

8 drops Cedar

8 drops Laurel

Combine in a 1/2 pint carrier oil of your choice.

For the Face:

For a quick morning wake up facial moisturizer:

I use 100% organic kukui nut oil with a few drops of spearmint essential oil.

Quick night time facial moisturizer:

For night time for my face I like 1/2 cup hemp seed oil with 10–12 drops chamomile essential oil.

Nourishing Skin Care Facial Oil — My favorite facial oil!



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1 oz jojoba oil
1 oz Pomegranate
2 oz Rose Hip Oil
10 drops each: Sandalwood, wild carrot and helichrysum

Skin Care Facial Oil:

7 drops Cistus
4 drops helichrysum essential oil
4 drops frankincense–myrrh co–distillation
2 drops chamomile essential oil
in 2 oz rosehip seed oil.

Skin Care Facial Oil #2 – For clearing up complexion and skin spots:

6 drops Cistus
6 drops Helichrysum
6 drops Neroli
6 drops Myrtle
6 drops Lavender
In a 1/2 oz (30mL) base of Argan oil, jojoba oil, and rosehip seed oil (mixed in equal amounts)

For the Man :) Shaving Lotion

1/2 cup coconut oil soft or melted
1/2 cup cocoa butter melted
60 drops Lavender Essential oil – or other oils of your flavoring, up to 75 drops total of all oils
*1–2 Tablespoons RoseHip seed oil (optional) – Rosehip seed oil is tops for the skin adding radiance, and youthful moistness.
*1/2 Tablespoon Sea Buckthorn oil (optional) – This oil is lovely for the skin and one of the top oils to protect the skin.
* optional

How about a sun block that is an anti–aging lotion:

(and won't block vitamin D absorption like commercial sun blocks)

1 cup coconut oil
2 TBSP pomegranate seed oil
2 TBSP Raspberry seed oil (optional)
20 drops lavender essential oil

If you do get a sunburn, a nice sunburn spray is to fill a spray bottle with water and add Lavender, frankincense, and peppermint. You could also put a little aloe vera juice in with the water.

Quick antidote for little skin cuts and boo–boos:



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A nice "band aid" if you get a little cut on your hands is plain **Myrrh Oil**. Myrrh oil has wound healing properties, helps stop bleeding, helps to prevent infections; and is also great for moisturizing your hands.

My homemade **Nasya Oil**:

1 oz. sesame oil

5 drops Eucalyptus blend or radiata

2 drops Sandalwood

1 drop Rose

1 drop Basil

woo-hoo I finally found a homemade shampoo and conditioner that works!

Homemade Baking Soda Shampoo

INGREDIENTS:

- ¼ cup baking soda
- ¾ cup purified water
- 3-4 drops lavender essential oil and/or any of the oils mentioned below

DIRECTIONS:

- 1 Place the baking soda in a bottle or cup.
- 2 Add the purified water. Shake well.
- 3 Add the lavender. Shake again making sure all ingredients are well blended.
- 4 Gently massage a dollop or two into the hair and scalp — I have long hair and use the whole cup each time I wash my hair.
- 5 Rinse well.

Simple & Quick Honey, Neem, Lemon Shampoo

Another option I use frequently for shampoo is a honey shampoo. While in shower wet hair. Put a tablespoon or two of raw local honey in your palm, a sprinkle of neem powder (optional!) and a drop of lemon essential oil. Scrub this in all over your scalp. Rinse out and use ACV conditioner as below.

Apple Cider Vinegar for Hair Rinse

INGREDIENTS:

- 1/8 cup organic apple cider vinegar with the mother
- 3/4 cup purified water
- 3-4 drops lemon & rosemary essential oils or any of the oils mentions below.

DIRECTIONS:

- 1 In your bottle or cup, add the apple cider vinegar.
- 2 Then, add the purified water. Replace the cap and shake well.



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- 3 Now, include the essential oils. Shake again until well blended.
- 4 Apply to hair and scalp after shampooing — again I use the whole cup . . .
- 5 Rinse with cool water for best results.

Hair Pre-Soak

Once per week I like to soak my hair in honey and oil. This makes my hair shiny and smooth. I first work local raw honey into my scalp. I then pour Argan oil (or almond or coconut) into my palm and add a drop or two of any essential oil listed below. I keep the oil more toward the ends of my hair while working a little into the scalp. I wrap my hair in a bandana and let it soak for an hour or two before washing my hair.

The 7 Best Essential Oils for Hair

From Dr. Axe newsletter 5/1/17

1. Lavender

Studies have shown that lavender oil possesses hair growth-promoting effects. Lavender oil has antimicrobial properties, and it can be used to combat bacterial and fungal disorders. Some other [lavender oil benefits](#) are its ability to soothe the scalp and heal dry skin and hair. Plus, because emotional stress is a factor that can contribute to thinning hair, lavender oil can be used to create a tranquil and stress-free environment.

2. Rosemary

Rosemary oil is one of the top essential oils for hair thickness and growth. It is used to increase cellular metabolism, which stimulates hair growth and promotes healing. When it comes to boosting your hair health, the [benefits of rosemary oil](#) also include preventing baldness, slowing the graying process and treating dandruff and dry scalp.

3. Chamomile

[Chamomile oil](#) is a great essential oil for hair because it adds shine and softness to your hair while soothing your scalp. Did you know that chamomile essential oil can be used to [lighten your hair naturally](#)? Combine 5 drops of chamomile essential oil with a tablespoon of sea salt and one-third cup of baking soda. Use warm water to create a paste and apply the mixture to your hair. Massage it into your scalp and at the base of your hair, then allow it to sit for about half an hour before rinsing it out. If you want a bolder affect, keep the paste on as you sit in the sun.

Research suggests that 50 percent of women dye their hair regularly and feel more attractive right after having their hair dyed, but conventional hair products that are used to lighten hair contain dangerous chemicals that can cause numerous health risks. Choosing a natural alternative will ensure that you aren't being exposed to unhealthy hair dyeing products like formaldehyde and bleach (hydroxide peroxide). (3)

4. Cedarwood

Cedarwood is used to help stimulate the hair follicles by increasing circulation to the scalp. It can promote hair growth and slow hair loss; it can also [treat thinning hair](#) and various types of alopecia.

[Cedarwood essential oil](#) can also help to reduce skin irritations and repel bugs, which can be beneficial on summer nights when you're spending time outdoors.

Cedarwood can be applied topically to the scalp and hair. It mixes well with gentle oils like lavender and carrier oils like coconut oil. You can also add 2–3 drops of cedarwood oil to your [homemade conditioner](#).

5. Clary Sage

An important ester in [clary sage](#) oil called linalyl acetate reduces skin inflammation and regulates the production of oil on the skin. Clary sage also works as a natural remedy for rashes, and it works as an antibacterial agent. But maybe most importantly, clary sage can be used to help you relieve stress and balance hormones. Three types of hair loss can be associated with high stress levels: telogen effluvium, [trichotillomania](#) (hair pulling) and alopecia areata. Because clary sage can be used to help relieve stress and reduce cortisol levels in the body, it works as a natural remedy for stress-induced hair loss. (5)

Clary sage works well with jojoba oil; the two can help to regulate oil production on the skin, helping you to avoid scaly or flaky patches that lead to dandruff. To ease stress, which is associated with hair loss, you can diffuse clary sage oil at home or apply a few drops to your wrists, temples and bottoms of your feet.

6. Lemongrass Oil

Lemongrass essential oil has healing properties, and it works as an effective cleanser and deodorizer. It can strengthen your hair follicles and soothe an itchy and irritated scalp. In fact, a 2015 study found that the application of lemongrass oil reduced dandruff significantly after seven days and increased the effect even more after 14 days of topical application. (6) Some bonus benefits of lemongrass oil include its ability to work as a natural bug repellent, relieve stress (which is associated with hair loss) and treat headaches.

You can add 10 drops of lemongrass oil to your bottle of shampoo or conditioner, or you can massage 2–3 drops into your scalp along with your conditioner daily. Lemongrass oil can also be diffused at home to reduce stress and detoxify the space.

7. Peppermint

Peppermint oil helps to stimulate the scalp, and it can treat dandruff and even lice due to its powerful antiseptic properties. Research shows that peppermint oil **promotes hair growth**, too.

Peppermint has a pleasant cooling sensation when applied topically, and its calming effects help to reduce skin inflammation. In addition to these **peppermint oil uses**, it also works to energize your mind, boost your mood and relieve tension or headaches.

Add 2–3 drops of peppermint to your shampoo or conditioner for a quick wake-me-up during your morning shower.

8. Lemon

And I'd like to add Lemon Essential Oil for those with light hair. Lemon oil helps stimulate circulation to the scalp increasing hair growth. It also good for reducing oily hair. And it may help to lighten hair naturally. Just be careful putting it on before going into the sun due to its photo-toxicity. Best to use it at night, or less than a 2% concentration.





Still want to use some of the manufactured toiletries? Here are a few harmful chemicals to avoid to help you make buying choices that support your health and well being; check your labels of what you are using — if you see any of these chemicals I recommend trying one of the recipes above — save your skin and your body:

Toxic chemicals to avoid:

- ☸ fragrance – used in body care hair care, perfumes — see box to the right from Dr. Axe. Fragrance chemicals are very harmful in your body — try to avoid all fragrances.
- ☸ hydroquinone
- ☸ 1,4 dioxane
- ☸ formaldehyde or formalin – in nail products
- ☸ Toluene – in nail products
- ☸ DBP Dibutyl phthalate – in nail polish
- ☸ nitrosamines
- ☸ ethylene dioxide
- ☸ acrylamide
- ☸ polycyclic aromatic hydrocarbons
- ☸ Parabens – propyl, isopropyl, butyl and isobutyl— are used in a variety of personal care products; antiperspirants and deodorants, lotions, sunscreens, moisturizers. Tests have found esters of parabens in the underarm area close to the breast. This region of the breast has the highest incidence of cancer.
- ☸ Retinal Palmitate – or other retinoids in daytime skin care products
- ☸ Triclosan – in liquid soaps — banned in 2016 by the FDA!
- ☸ Triclocarban – in bar soaps
- ☸ DMDM hydantoin in hair products
- ☸ PEG – cetareth, polyethylene in hair products
- ☸ Aluminum – in Deodorants

A great resource that evaluates body care products: <http://www.ewg.org/skindeep/>

How Fragrance Chemicals DAMAGE THE BODY

Here are just a few of the toxic chemicals allowed to hide out behind the "Fragrance" ingredient

Many are also hormone disruptors

- 1 ACETALDEHYDE**
"Potentially carcinogenic to humans"
Adversely impacts the kidneys, nervous & respiratory systems
- 2 BENZOPHENONE**
Endocrine disruptor linked to liver tumors
- 3 BUTYLATED HYDROXYANISOLE (BHA)**
Listed as a carcinogen under California's Prop 65
Endocrine disruptor listed as European Commission's "category 1 priority substance"
- 4 BUTYLATED HYDROXYTOLUENE (BHT)**
Skin & eye irritant
- 5 BENZYL SALICYLATE**
Allergen
- 6 BENZYL BENZOATE**
Exposure can burn and irritate the genitalia and scalp
- 7 BUTOXYETHANOL**
Skin, eye, nose and throat irritant
Exposure can lead:
• to blood in the urine
• vomiting and nausea
• long-term damage to the kidneys, liver, lymphoid system, nervous system, respiratory system and blood cells
- 8 BUTYLPHENYL METHYLPROPIONAL**
Skin inflammation & itchiness trigger
Can set off skin sensitization, leading to even more intense irritation with each exposure
- 9 CHLOROMETHANE (METHYL CHLORIDE)**
Causes acute and chronic effects on the nervous system
Also adversely impacts the liver, kidneys and skin
- 10 DICHLOROMETHANE (METHYLENE CHLORIDE)**
Linked to mammary gland tumors
- 11 DIETHYL PHTHALATE (DEP)**
Eye, skin & respiratory tract irritant
Potential hormone disruptor
Linked to nervous system damage
- 12 FORMALDEHYDE**
A known human carcinogen
Banned in cosmetics and toiletries in Japan and Sweden
MEA, DEA, TEA - ethanalamines
Often mixed with other ingredients to form nitrosamines
Some nitrosamines are possible and known carcinogens
- 13 OXYBENZONE (BP-3)**
UV-filter accumulates in the blood, kidneys and liver and may be toxic to liver cells
- 14 PROPYL PARABEN (PROPYL P-HYDROXYBENZOATE)**
Linked to breast cancer
Banned in Denmark in cosmetic products for children up to 3 years old
- 15 RESORCINOL**
Changes liver, kidney & spleen functioning
Adversely affects the cardiovascular and nervous systems
In Japan, the form Resorcinol is banned in cosmetics
- 16 STYRENE**
Toxic to red blood cells and the liver
Toxic to the central nervous system when inhaled
Reasonably anticipated to be a human carcinogen & endocrine disruptor
- 17 SYNTHETIC MUSKS (TOMALIDE, GALAXOLIDE, MUSK KETONE, MUSK XYLENE)**
Build up in breast milk, body fat and newborns' cord blood
Linked to hormone disruption and reproductive, development and organ damage
- 18 TITANIUM DIOXIDE (TiO2)**
Lung & respiratory system damage
The International Agency for Research on Cancer also calls it a possible human carcinogen
- 19 DIOXANE**
Common "possibly carcinogenic to humans" by-product