



Beauty without risk

By Carlo & Tina Turavani



EVERY MORNING women naively reach for shampoo, conditioner, moisturizer, deodorant and make up without giving it a second thought—blissfully unaware that this daily ritual exposes us to more than 200 synthetic chemicals—all before our morning coffee.

Scientists caution that hormone disrupting chemicals as well as chemicals that may lower our immunity to disease and even cause neurological and reproductive damage may lurk in your cosmetics.

Parabens

Parabens may disrupt your hormones by mimicking estrogen, an excess of which is known to feed breast tumors. Parabens are powerful toxins used as a preservative and is used in many cosmetic, skin, hand, body, and hair care products.

Sodium Lauryl Sulfate (SLS)

The most controversial irritant often used is Sodium Lauryl Sulfate. It's often listed as being derived from "natural" coconut, but it's anything but natural! It's an aggressive cleaner often found in shampoo, soaps, and other cosmetic products but is known to irritate skin, affect eye development in children, and increase nitrate absorption (carcinogen).

Mineral Oils

You might be surprised to learn what is exposing you to these chemicals. For example, shampoos and conditioners are regularly reported to the (FDA) for causing adverse reactions. Most conventional foundations contain mineral oils (which can block the pores and promote acne) and rely on chemicals like parabens, propylene glycol, formaldehyde, toluene and DBT, which can also be found in nail polish and cosmetics.

Formaldehyde

Formaldehyde alone is carcinogenic, causes severe eye irritation, and its vapor is extremely irritating to the respiratory tract. It creates symptoms such as redness, itching, pain and allergic reactions. Applied day after day, these chemicals are absorbed into your skin and make their way into your blood stream.

Beware of false advertising!

Fortunately, you can create a healthy glow without exposing yourself to these dangerous toxins as more organic and natural products are available today. Beware: manufacturers are using words as creative advertisement. Some so-called natural or organic products contain synthetic petrochemicals and more! Before you purchase any products claiming to be pure, natural or organic, read the ingredients label.

Ask for information and look for local suppliers or small companies that do not mass produce products. Choose chemical and fragrance-free shampoos and lotions, and opt for non-micronized mineral make up without talc or preservatives, as well as organic non-lead lipsticks, eyeliners and mascaras.

Every purchase has the power to help you live a healthier life, to contribute less pollution, and to begin the dream of a chemically-free environment. **HWS**

Transitions Studio is a unique chemical-conscious salon carrying over 500 organic, vegan, gluten-free, chemical/fragrance-free, unscented health and beauty products. Services include hair design, natural looking wigs, yoga classes, studio rental space and ammonia-free hair colours, and is also the home of Wigs for Kids a non-profit organization. Transitions Studio is located at 244 Grantham Avenue. For more information, call 905.937.1623 or visit www.transitionstudio.ca.