



WHAT ARE PERSONAL CARE PRODUCTS?

Personal care products include items like shampoos, deodorants, perfumes, shaving creams, lotions, soaps and make-up.

OVERUSE OF PERSONAL CARE PRODUCTS IS AFFECTING OUR LAKES AND WATER SYSTEMS.

KNOW THE FACTS

- An average person uses 7-9 personal care products per day, each containing more than 25 ingredients
- Personal care products sold in Canada must list all ingredients on their outer label
- The ingredient listed as "fragrance" or "parfum" may contain many chemicals but companies do not need to disclose them.



For more Information visit:

TBDHU.COM/HBHF
healthyenvironmentforkids.ca
healthycanadians.gc.ca

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Personal Care Products & Your Health



THE ISSUE

- Contaminants can enter the body through the mouth and be absorbed in the digestive track when eating, drinking or even using lipstick
- Some contaminants are easily absorbed through the skin. They travel through the bloodstream and are carried to other parts of the body.
- Breathing in contaminants can cause damage to lung tissue, increasing the risk of lung problems in the future.
- Research shows that some contaminants can cause skin rashes, disrupt hormones in males and females, cause cancer and affect the nervous system.
- Unborn babies and children are more vulnerable than adults to chemicals because of their size, metabolism and behaviour



TIPS: WHAT CAN I DO?

- Make a list and count how many personal care products you use in a day
- Choose 1 ingredient from the list below and eliminate products that contain it
- Reduce your use of products by getting rid of one product at a time

TRY A HOME MADE RECIPE!

Spice Bath Powder

- | | |
|-------|--|
| 1 cup | cornstarch |
| ½ tsp | each of ground cinnamon, cloves, ginger and nutmeg |

1. Add all ingredients and stir well.
 2. Add ½ cup to your bath water.
 3. Store in refrigerator in glass jar for up to 1 month.
- Try a homemade recipe to replace the product you chose to remove
 - Look for a third party certification such as a logo.

- Avoid products labeled as "anti bacterial"
- Essential oils can be highly concentrated or can be mixed with artificial fragrances. Pregnant women and children should avoid most essential oils

INGREDIENTS TO STAY AWAY FROM

- Triclosan labelled as "anti bacterial"
- Fragrance or Parfum
- Parabens
- Petroleum Distillates also known as petrolatum, paraffin, mineral oil
- Phenylenediamine
- Sodium Lauryl Sulfate
- Coal Tar Dyes
- Diethanolamine (DEA)