

# Natural Personal Care

## Why consider natural personal care?

Most of our favourite cosmetics are made with chemical solvents and synthetic additives – questionable substances that are directly absorbed into the body through the skin and over time may compromise our well being (Carla Oates, Feeding Your Skin, 2004). When we have finished using many personal care and beauty products, chemicals from these products remain in our bodies and/or our natural environment (air, water, soil) (TEC, A-Z of Chemicals in The Home, 2003).

### Environmental Impacts

- Chemicals persisting in the environment (non-biodegradability and resulting bio-accumulation)
- Possibility of substances leading to gene/cell changes, cancer and interference with reproductive processes in organisms;
- The uncertain impacts on complex living ecosystems;
- Unnecessary resource use throughout a products lifecycle, these include resource extraction, product processing, transporting and distribution etc;
- Issues of product and packaging waste, including single use, non-recyclable packaging;
- Accidental disposal or release to waterways of substances during lifecycle stages.

### Social Impacts

- Bio-accumulation of toxic chemicals in fatty tissues
- Allergies and skin conditions
- Resistance of 'super bugs'
- Intra and inter generational Equity

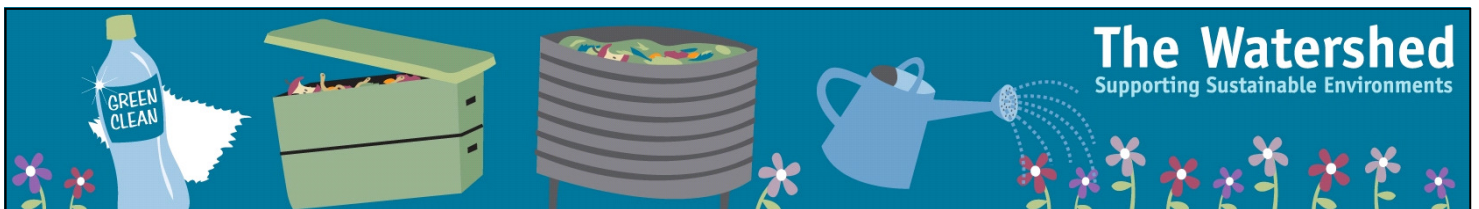
### Economic Impacts

What are we paying for?

- Additional ingredients
- Marketing
- Packaging
- Distribution
- Product Positioning

## Eco Choices Top 10 Tips

1. Choose Information & Be Aware of Green Marketing.
2. Avoid Synthetic Products & Choose Natural Ingredients.
3. Buy Products that are petrochemical and chlorine free.
4. Buy products that are locally made and sourced.
5. Reduce the number of products you use.
6. Use Refillable Packaging & Buy in Bulk.
7. Consider the Life Cycle of a Product Before Purchase.
8. Drink lots of water and lead a healthy lifestyle.
9. Small Steps = Big Effects.
10. Make your own products.



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## The Top 10 Chemicals to Avoid.

### **DEA (diethanolamine), MEA (monoethanolamine), TEA (triethanolamine)**

Function: cause the product to foam holding dirt in suspension to be washed away, also to balance pH.  
found in: bubble baths, shampoos, soaps, body washes and facial cleansers.

Concerns: may contain hormone disrupting chemicals that are known to form cancer causing nitrates and nitrosamines.

### **FD&C Colour Pigments (coal tar)**

Function: to add colour to a product, to dye and colour hair.

Found in: almost all cosmetics, particularly hair dyes and lipsticks.

Concerns: Most made from coal tar, many are carcinogenic. Also causes skin sensitivity and skin irritation.

### **Fragrances (synthetic musks)**

Function: to give the product a pleasant scent.

Found in: most beauty and personal care items.

Concerns: may be carcinogenic, toxic, many side effects, allergic reactions, bioaccumulation in humans and fish.

### **Isopropyl Alcohol**

Function: a dehydration agent and as an antiseptic.

Found in: hair colour rinses, body rubs, hand lotion and aftershave lotions.

Concerns: can cause headache, dizziness, mental depression, nausea, vomiting and coma.

### **Methyl, Propyl, Butyl and Ethyl Parabens.**

Function: extend the shelf life of the products by inhibiting microbial growth.

Found in: just about every skin and hair product made today.

Concerns: known to be toxic, allergic reactions, irritate skin, hormone disruptors, found in some fish also.

### **Mineral Oil (baby oil)**

Function: in moisturisers and other products to "hydrate" the skin.

found in: many personal care products (baby oil in 100% mineral oil).

Concerns: Blocks natural immune barrier of skin. promoting aging, acne and other skin disorders.

### **Propylene Glycol (PG)**

Function: a surfactant/wetting agent and solvent

Found in: makeup, hair products, lotions, aftershave, deodorants, mouthwashes and toothpaste.

Concerns: used in antifreeze for same function. Can break down cellular structures (skin). Can also cause brain, liver and kidney abnormalities.

### **Sodium lauryl Sulfate (SLS) or Sodium Laureth Sulfate (SLES)**

Function: harsh detergent/degreaser and surfactant/wetting agent.

Found in: cosmetics, toothpastes, hair conditioners, about 90% of all products that produce foam.

Concerns: skin irritation, potential carcinogen. Can also cause permanent damage to children's eyes.

### **Triclosan**

Function: an antibacterial chemical.

Found in: dishwashing fluids, deodorants, cosmetics, lotions, creams and toothpaste.

Concerns: known hormone-disruptor, suspected carcinogen, skin irritations, can bio-accumulate, cause "Superbugs"

### **UV Filters (Oxy-benzene, Octyl Methoxycinnamate)**

Function: Oxy-benzene: a UV stabilizer. Octyl Methoxycinnamate: to filter UVB light.

Found in: sunscreens, foundations.

Concerns: estrogenic effects, transexualisation in male fish. Possible harm to human skin cells.

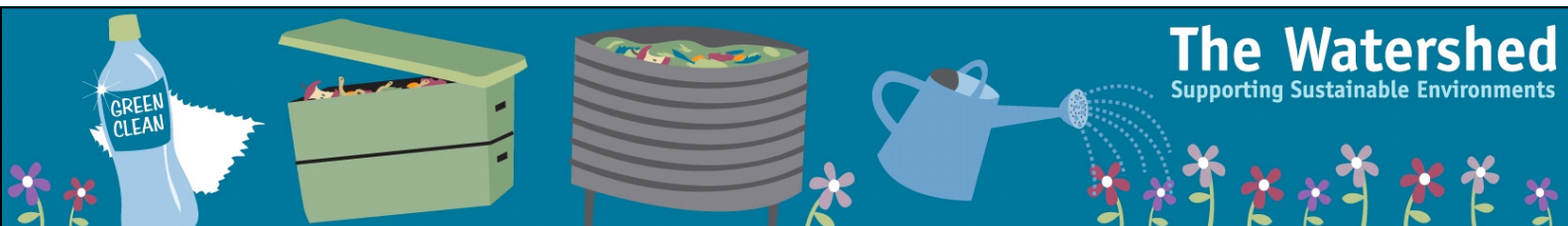
## Additional Information/Resources.

Do It Yourself Pure Plant Skin Care, Carolyn Stubbin, 1999

The Ultimate Natural Beauty Book, Josephine Fairley, 2004

The Chemical Maze 3rd Edition, Bill Statham, 2006

[www.erg.org](http://www.erg.org) A North American organisation with a very comprehensive database with links to Australian based articles.

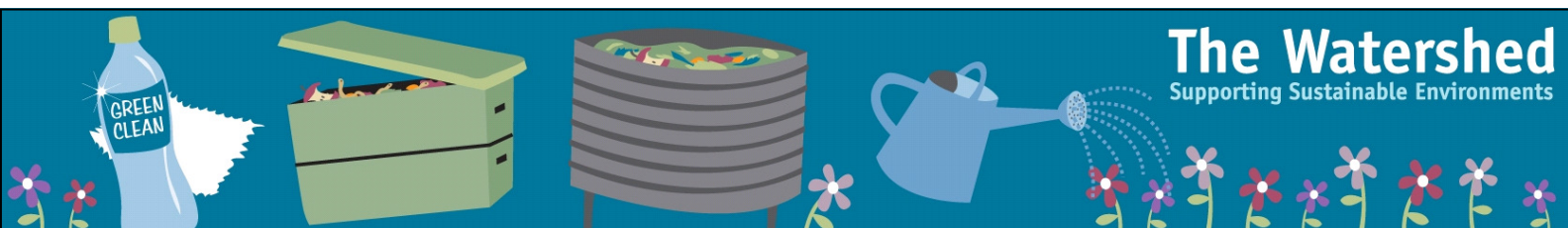


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## Essential Natural Personal Care Bag

Action/Function	Body Part	Essentials	Found *
Cleanse	Skin (face and body)	Pure soap: in liquid or solid form, based on animal fats or vegetable extracts (castile soap).	M, HF, some Ch
	Hair	Pure soaps fragranced with essential oils (recipes available in books).	M, HF, some Ch
	Teeth	Sodium Bi-Carbonate (mildly abrasive).	SM, HF, Ch
Tone	Skin (face and body)	Witch-hazel Toner-Infusion. Herbal Teas.	HF, M, some SM and Ch
Condition (incl. moisturising)	Skin and feet	Calendula, pawpaw or chickweed cream for dry/cracked skin. Rose Hip Oil for wrinkle prevention.	HF, Ch, M
	Hair	Apple Cider Vinegar, Coconut & Jojoba Oil	HF, M some SM
Sun Protection	Skin	Hats, shirts and shades before using sun-screen. Natural products available. Aloe Vera straight from the plant for burns.	HF, M
Exfoliate	Skin	Dry brush, loofah, DIY oatmeal body scrub.	HF, Ch, SM
	Feet	Pumice stone.	Ch, SM, HF
Deodorise (Fragrance)	Skin	Sodium Bi-carbonate, vinegar, lemon and salt are natural deodorisers. Crystal or other natural deodorants are available, (pure essential oils provide fragrance for a range of homemade products such as soaps and body mist).	SM, HF, Ch
	Hair	Use essential oils in DIY hair shampoo and conditioner.	Ch, HF, M, SM
Hair removal	Head and body	Natural waxes, pair of scissors, razors, tweezers, DIY shaving oils.	Ch, HF, SM
Nail Care	Nails	Nail clipper, nail scissors, file.	Ch, SM
Female Hygiene	Periods	Re-useable pads such as re-usable Moon Cups and Pads or bleach free tampons.	HF, M, some SM and Ch
Relaxation	Whole body	Epsom salts for tired feet and body.	SM, HF, Ch, M
Beautify (make-up)	Face and cleavage	DIY lip balms, eye gels and face powder. See recipes - they are endless!	B, Ch, DS
	Nails	Nail buffer.	B, Ch, DS

Key: Ch = Chemist, HF = Health Food Shop, SM= Supermarket, M = Markets, B = Beautician, DS = Department Stores. The order of the symbols above represents the best places to buy the products from.



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## Home Made Miracles– Make Your Own @ The Watershed.

Choose one of these following recipes to take home from our workshop as a tester. Remember to always spot test before use if unsure. These recipes have been sourced from:

Oates Carla, 2004, Feeding Your Skin

Stubbin Carolyn, 1999, Do It Yourself Pure Plant Skin Care

Fairley Josephine, 2004, The Ultimate Natural Beauty Book

### Gentle Almond and Castile Cleanser (suitable for body and face)

90ml Castile Liquid Soap

10ml Sweet Almond Oil

1 Drop Pure Essential Oil of Your Choice

Instructions: Blend castile soap and almond oil, add essential oil. Shake well and store in a clean bottle. If you prefer a stronger scent add extra essential oil, one drop at a time. Suitable for normal to dry skin. For a more mild wash for dry skin, add a small quantity of vegetable oil.

### Peppermint and Green Tea Toner

3 Tbsp Green Tea infusion

3 Tbsp Peppermint infusion

Instructions: Mix and store in a bottle.

### Moisturiser

30ml Jojoba Oil

10 Drops Essential Oil

Instructions: Pour the oils into a bottle and shake well to mix. Apply the oil to a damp face, leave for 15 mins then pat off any excess.

### Honey and Oat Facial Scrub

2 Tbsp Honey

2 Tbsp Sweet Almond Oil

1 Tbsp Fine Rolled Oats

Instructions: Mix warmed honey and sweet almond, add oats slowly and mix well. Try to crush oats a little as you mix. Use within a few days.

### Toothpaste

3 Tablespoon Bi-carb [cleansing]

1 Tablespoon salt [abrasive]

3 Teaspoons glycerine + dash of water [just enough to make a paste] [binding agent]

1 Drop Peppermint oil [refresh]

Blend and use. Store in air tight container.

### Natural Deodorant

1 Drop Pure Essential Oil of Your Choice

15ml Apple Cider Vinegar

50ml Purified Water

Instructions: Blend essential oils with apple cider vinegar, add water and shake in a spray bottle. If you prefer a stronger scent, add extra essential oil one drop at a time.

### Hair Gel

100ml Purified Water

4gm Xanthan Gum

1 Drop Essential Oil of Your Choice

Instructions: Sprinkle xanthan gum slowly into water and that has been heated to 35-40°C. Use a whisk or electric hand mixer to ensure powder is evenly dispersed and to ensure no lumps form. Push through a strainer to ensure smooth consistency. Add more water if a thinner gel is preferred. Add essential oil and mix thoroughly. Store in a container in the fridge. If any lumps persist, leave mixture to stand for a day or so and stir again.

### Rose Toner

60 ml Rose Water

60ml Vegetable Glycerin

1 Drops Rose Essential Oil

Instructions: Combine the ingredients in a bottle and shake well. Dampen skin with warm water and gently massage the lotion in with your fingertips. Rinse your

