

# The Gal Pal Guide To Clean Beauty



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## What You Need To Know

The Food and Drug Administration (FDA) has no authority to recall toxic beauty products unless a manufacturer volunteers. Yes, you read that right! The European Union has banned more than 1,000 chemicals common in personal care products, the United States has banned ONLY 11.

Gal Pal Blog is providing a quick and easy guide to cleaner beauty. Shop tested and vetted toxic-free brands. Learn what you need to know about toxins in your beauty products.



**WHAT'S THE TRUTH?**  
*How to Decode Beauty Product Claims & Facts*

**CLAIM: NATURAL**  
**TRUTH :** "Natural doesn't really mean anything at all. It's an unregulated term because the FDA, USDA, or EU do not have any regulations or standards on the term

**CLAIM: ORGANIC**  
**TRUTH :** The term "organic" is not defined in either of these laws or the regulations that FDA enforces under their authority.

**CLAIM: NON-TOXIC**  
**TRUTH :** "the term non-toxic" is not regulated by the FDA, technically it means nothing.

**CLAIM: GREEN OR ECO**  
**TRUTH :** There are no legal standards for these terms. Even the word "hypoallergenic" has no legal meaning.

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## Understand Product Claims

### What does "clean" mean?

Clean means that a beauty product should have considered human and environmental health, using a nontoxic element as a baseline and plant-based ingredients for active results. Much like eating clean rejects the idea of processed foods and focuses on nourishing, plant-based produce that delivers all the vitamins and antioxidants needed for a healthy immune and digestive system, the same is true for clean skin care.

You can't trust everything you read. "Natural doesn't always mean healthier A 2008 study by the Organic Consumers Association found undisclosed carcinogenic petrochemical ingredients in more than 40 percent of products tested that claimed to be natural. And in 2016, the Federal Trade Commission filed complaints against four companies that marketed their personal care products as "all natural" or "100 percent natural" when the products contained a number of synthetic ingredients.

## What Is Pinkwashing?

"Pinkwashing"—Is something all consumers should be aware of. Pinkwashing is when companies market themselves as champions of women's health (many slap the pink ribbon on their products) yet they continue to put carcinogens in their products!

Also... please beware that many leading breast cancer charities are known to take money from the chemical and beauty companies. We need more action and less talk. Check out, The Breast Cancer Fund, the only national breast cancer organization focused solely on prevention.





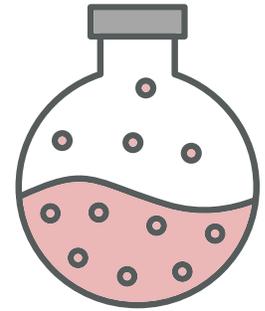
## Hidden Toxins In Your Beauty Products

### 5. Phthalates and Parabens

Phthalates and parabens are ubiquitous in the beauty industry, used in body care and skin care and makeup. "Banned by the European Union in 2003, phthalates and parabens are a group of chemicals commonly used as preservatives in cosmetics and pharmaceuticals," functional medicine doctor Frank Lipman, M.D., tells mbg. "[However] Both have been shown to be carcinogenic."

Their overuse is much of the reason they are cause for concern, as they are absorbed into skin and have been shown to build up in the body with regular use in a variety of animal studies. However, by limiting your exposure, those same studies show they are fairly easily flushed out of the body. Buyer beware!

## AVOID These Ingredients



### 1. Coal Tar Dyes

This pigment gives beauty products—from mascara and powdered shadow to hair dye—an inky black hue and is a byproduct of burning coal. The EWG ranks it as a 7 to 10, as studies have indicated it as an irritant and potential human carcinogen.

### 2. DEA

The compound diethanolamine is used in a variety of products as a pH balancer (when you formulate beauty products with a variety of ingredients, the final pH might be too acidic, and this is added to make the final pH more alkaline). It's also the reason washes and soaps are sudsy. Currently, it is banned in the E.U.—however, the FDA does not deem it necessary to restrict its use. Along with DEA, look for its two other counterparts: MEA (monoethanolamine) and TEA (triethanolamine).

### 3. Dibutyl Phthalate DBP

This is an oily substance used as a common fragrance ingredient, plasticizer (an additive that makes a formula more flexible or fluid), and solvent (a chemical that helps dissolve other actives). Though it is currently banned in the E.U., California has flagged it as hazardous material on Proposition 65 due to its potential to disrupt reproductive health.

### 4. Formaldehyde

Formaldehyde is recognized globally as a human carcinogen, and that's why it (and its offspring) have been eliminated from most common cosmetic products, like nail polish. Salon keratin treatments often claim to be free of this chemical. Except they're not: What they contain instead are ingredients like methylene glycol, formalin, methanal, and methanediol, which release the carcinogenic compound when mixed with water during the treatment. This presents a risk to you, of course, but it's most dangerous for the salon technician who styles hair in an enclosed space day in and day out.



## Read Your Labels

### 12. Triclosan

This ingredient has had some of the most robust studies done on it in the last few years, and the research is showing more and more that its use in personal care and hygiene products should be restricted. In fact, the EWG now rates it at a 7 depending on usage. It's a synthetic antibacterial ingredient that has been compared to Agent Orange.

The Environmental Protection Agency registers it as a pesticide, dangerous to any living organism. It is also classified as a chlorophenol, which means a cancer-causing chemical class. Triclosan disrupts hormones, can affect sexual function and fertility, and may be linked to birth defects," says Lipman.

### 13. Toluene

Listed on labels of most of the personal care products as benzene, toluol, phenylmethane or methylbenzene, toluene is a petrochemical ingredient derived from petroleum or coal sources. It is a very efficient solvent and can dissolve paint and paint thinners; however, our concern with the chemical is purely medical. Toluene causes respiratory problems, skin irritation, and nausea in humans.

### 6. Undisclosed Fragrances

Fragrances are considered a trade secret, and therefore brands do not have to disclose what actually went into the product—they can just put "fragrance" on the ingredient label. One older study found that there are, on average, 14 undisclosed ingredients in every product that has "fragrance" listed.

### 7. BHA and BHT

BHA (or butylated hydroxyanisole, not to be confused with beta-hydroxy acids) and BHT (butylated hydroxytoluene) are closely related synthetic preservatives found in many skin care products like moisturizers and creamy makeup products like lipsticks.

### 8. PEG Compounds

These are also called polyethylene glycols and are petroleum-based compounds that are widely used in cosmetics as thickeners, solvents, softeners, and moisture-carriers. These are very heavy-duty sterilizers that the federal agency the Environmental Protection Agency notes, "chronic, long-term exposure can cause irritation of the eyes, skin, nose, throat, and lungs, and damage to the nervous system" as well as evidence of being a human carcinogen.

### 9. Petrolatum, PAHs

Petrolatum, you'll likely see it as a petroleum, is a gelled mineral oil. Think Vaseline... the jar we all used to have in our house. It's used as a highly occlusive conditioning agent, meaning it helps seal in moisture. It is a byproduct of refining petroleum. Again, this is a tricky one: When it's fully refined, it's safe for external human use—with research showing no health concerns. However, it's not regulated by the FDA in the U.S., so it's possible that the petroleum that ends up in various beauty products is contaminated.

### 10. Siloxanes

Otherwise known as silicones, these are often found in skin and hair care products—however, they get the lion's share of attention in the hair care space. They are used as softening and smoothing agents, providing a thin film over skin or hair that gives off the appearance of healthy, vibrant strands or complexion. The problem with this ingredient class is twofold: The first is specific silicones (D4 and D5) are shown to be potentially hazardous for human health and can also bioaccumulate in our water supply.

### 11. Sodium Laureth Sulfate

Sulfates are foaming and cleaning agents in soaps, detergents, and shampoos—and are met with ire in the clean beauty industry. Sulfates are not carcinogenic, they are allowed in the E.U. This has been shown to be very problematic for sensitive and inflamed skin, as it can trigger dermatitis.



## Look For These Seals



Since you can't rely on the FDA for guidance when buying non toxic beauty products, look for the following certifications and seals of approval that can be super helpful in selecting the safest products to use on your body. These third party certifications are very reliable based on all my research. If you see a product with any of these certifications it means that the product has met a stringent set of requirements.

### 1. USDA Organic

In order to make an organic claim or use the USDA Organic Seal, the final product must follow strict production, handling and labeling standards and go through the organic certification process.

### 2. EWG VERIFIED™

(Environmental Working Group) mark does the work for you. When you see the EWG VERIFIED™ mark on a product, you can be sure it's free from EWG's chemicals of concern and meets our strictest standards for your health.

## The Best Online Resources

### A. SKIN DEEP DATABASE

One of the most popular tools for identifying safer products is the [Skin Deep Cosmetics Database](#) from the Environmental Working Group (EWG). Skin Deep provides safety ratings on personal care products and ingredients with a hazard score of 1-10 based on the known and suspected hazards of ingredients.

### B. EWG'S HEALTHY LIVING

The Healthy Living app from the Environmental Working Group combines the data from Skin Deep, along with the [EWG's Food Scores data](#) - to create a comprehensive healthy living app. For personal care and beauty products, click on the Cosmetics tab on the app. You can also scan the bar code on a product, which can be very helpful when you are in a store.

### C. THINK DIRTY

Skin Deep is my go-to resource for understanding the safety of a product, but another popular ratings [app is Think Dirty](#).

### 3. MADE SAFE®

America's first nontoxic seal for products we use every day, from baby to personal care to household and beyond. They certify products you use on your body, with your family, and in your home are made with safe ingredients not known or suspected to harm human health.

### 4. Natural Product Association

The Natural Products Association's mission is to advocate for the rights of consumers to have access to products that will maintain and improve their health, and for the rights of retailers and suppliers to sell these products.

### 5. NSF

Manufacturers, regulators and consumers look to NSF International for the development of public health standards and certification programs that help protect the world's food, water, consumer products and environment.



## Shedding Some Light On Sunscreens- Mineral vs. Chemical

Okay... there are two types of sunscreens: mineral and chemical. Mineral sunscreen uses zinc or titanium dioxide to physically scatter and deflect the DNA-damaging UV rays that can lead to premature skin aging and cancer. Mineral sunscreens tend to be gentler and more natural, therefore, safer for babies and those with sensitive skin.

Chemical sunscreens use ingredients like avobenzone, homosalate, octisalate, octocrylene, or oxybenzone to create a chemical reaction on your skin, turning the harmful UV rays into heat. These chemical sunscreens are often easier and more luxurious to apply, since they're lightweight, readily absorbed, and leave behind no white cast.

Both work if you use the right amount and remember to reapply.

## Why You Want To Use Mineral Sunscreen

Bazaar Magazine notes that oxybenzone, also known as benzophenone-3 (BP3), is the most notorious chemical UV filter used in an estimated 60 percent of U.S. sunscreen formulas. A recent study now suggest that the ingredient is strongly suspected of being an estrogenic hormone disruptor and that it passes through the placental barrier, leading to low birth weight and birth defects like Hirschsprung's disease. A study from 2016 found a link between exposure to chemical UV filters and male infertility.

In May 2019, the FDA confirmed that the "systemic absorption" of oxybenzone and other chemical filters from sunscreen exceeds the recommended threshold, which is particularly problematic for children. What's more, oxybenzone and other chemical filters have been shown to be allergenic and irritating for people with skin conditions like rosacea, since they cause a heat-based chemical reaction on the skin's surface. The FDA recently proposed sweeping changes to sunscreen regulations, including the ban of two once-common ingredients: para-aminobenzoic acid (PABA) and trolamine salicylate. Look at your old sunscreen to make sure it does not contain these ingredients.

## [Shop The Top 6 Mineral Sunscreens- Click On Each One To Purchase](#)



REVOLVE



Saks Fifth Avenue



REVOLVE



Goop



Ulta



Walgreens

## Natural Make-up- That works!

Natural makeup has come a long way in the last five years. Where it was once difficult—if not impossible—to find natural products with vivid colors, a wide range of skin tone options, and long-lasting staying power, the clean cosmetics space is now busting out with innovative brands and effective products that are giving the big companies big competition.

### The Best In Clean Foundation



### The Best In Clean Lip Stick



## What's The Rub On Shampoo

The scalp is considered as the most absorbent part of the body, meaning potentially dangerous hair care ingredients could end up in the bloodstream. (The scalp and forehead are actually four times more absorbent than the skin on your forearms.)

According to the Journal of the American College of Toxicology, ingredients such as Sodium Lauryl Sulfate (SLS) and Sodium Laureth Sulfate (SLES) are found in about 90% of hair care products. These harsh chemicals can damage the immune system, cause separation of skin layers, and inflame your skin leaving it dry, rashy, and irritated.

A typical shampoo usually contains a mix of surfactants for cleaning, viscosity builders, solvents, chemical conditioning agents, and other components such as fragrance and, eventually, color for commercial appeal.

### The Scoop On Natural Ingredients In Haircare Products:

**Keratin, Soy & Wheat Proteins** Moisturize and protect hair from styling tools and products, while helping strands feel and look stronger. **Natural Foaming Agents (Cocamidopropyl Hydroxysultaine)** A foaming and anti-static agent derived from the fatty acids in coconut oil, which conditions and helps thicken the appearance of your hair. **\*Peppermint, Cedarwood, Tea Tree, Jojoba Seed & Grapefruit Essential Oils** Give your hair moisture and shine while removing dead skin cells, which promotes existing hair growth. **\* Fortifying Horsetail, Nettle & Willow Bark Extracts** Help nourish and strengthen hair follicles while removing styling product buildup\* **Vitamins B, D, & E** Help keep the scalp hydrated and maintain hair growth.

## The Best "Clean" Hair Product List



Goop  
**RAHUA**  
Rahua Hydrating Shampoo ...  
**\$70**



Todd Snyder  
**LAVETT & CHIN LEAVE I...**  
Lavett & Chin Leave in Con...  
**\$42**



REVOLVE  
**100% PURE**  
100% Pure Yuzu & Pomelo ...



Amazon.com  
**HERBAL ESSENCES**  
Herbal Essences Bio:Renew ...  
**\$35.94**



Credo  
**INNERSENSE**  
Hydrating Hair Bath  
**\$9**



MR PORTER  
**LAVETT & CHIN DAILY C...**  
Lavett & Chin Daily Condi...  
**\$38**



Credo  
**MOTHER DIRT**  
Mother Dirt Shampoo  
...



Sephora  
**DRUNK ELEPHANT**  
Drunk Elephant - Cocomino...  
**\$25**