

Personal Care Products

Why we care

Many of us look outside the home for the source of hazardous chemicals in our lives, but most of our exposure occurs indoors from products we use every day. Shampoo, deodorant, lotion, hand soap, and cosmetics are virtually unregulated by the government and can contain chemicals that build up in our bodies and the environment.

Simple, positive steps

Look it up. Target attention on permanent hair dyes and bleaches, hair relaxers, nail polish and remover, makeup, anti-bacterial soaps, and sunscreens. Check specific brands on [EWG's Skin Deep](#) database or the [Think Dirty, Shop Clean](#) phone app.

Read labels. Some ingredients can cause health effects or build up over time in our bodies or the environment. For more information see [ConsumerNotice.org](#). The following ingredients should raise red flags. After each is one of several products the chemical may be found in.

Fragrances (shampoo)
Thimerosal (mascara)
Parabens (makeup)
Petroleum/paraffin (face cream)
Phthalates (nail polish)
BHT/BHA (makeup)

Formaldehyde (hair straightening products)
DEAs/MEAs/TEAs (cosmetics)
FPAS (long-lasting or wear-resistant cosmetics)
Tolulene (hair dyes)

Simplify. Choose products with simpler ingredient lists and fewer synthetic chemicals. Use fewer products overall.

Shop small. Local companies and natural foods stores may be less likely to carry products with preservatives.

Make your own:

- [Shampoo](#)
- [Hair dye](#)
- [Body scrub](#)
- [Sunscreen](#)
- [Lotion](#)
- [Soap](#)

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