

FLOWERFACE

CONSCIOUS COSMETICS

SS - 2017

GUIDE TO SAFE COSMETICS 2017

there is beauty in simplicity



FLOWERFACECOSMETICS.COM

INTRODUCTION

COSMETIC REGULATIONS

Shockingly, less than 20% of Chemicals in Cosmetics have been assess for safety by the Food and Drug Administration. What's worse, is that to date the European Union has banned over 1,100 chemicals that have been hiding in consumer products and The Food and Drug Administration has only banned 10. Carcinogens, Neurotoxins, Reproductive Toxins, Endocrine Disruptors, and even chemicals shown to cause organ toxicity still hide within many of the products you and your family use in daily life.

Believe it or not, the FDA has no real authority when it comes to the chemicals hiding within cosmetics like they do with Food or Drugs Additives. Cosmetics Companies do not have to assess their products for consumer safety before hitting the market, nor do they have to be recalled, file data on ingredients, register their establishments, or report cosmetics related injuries – it's also a big reason why animal testing is still used today.

So you may wonder who is looking out for the consumer... Well, it's a little self-policing safety panel known as the Cosmetics Ingredient Review (CIR). The CIR promises it "thoroughly reviews and assesses the safety of ingredients used in cosmetics in an open, unbiased, and expert manner, and publishes the results in the peer-reviewed scientific literature", but despite their claims of being "fair and balanced" the CIR is currently funded through the PCPC or Personal Care Products Council. The PCPC is directly connected to over 600 cosmetic companies and has even lobbied (and reportedly spent over \$600,000) trying to stop a law that would have required cosmetic companies to label any unsafe ingredients in their products.

Making the switch to natural, organic cosmetics can reduce the exposure to toxic chemicals. At Flowerface, we promise to always remain 100% transparent with our labeling, use only the highest quality ingredients (organic wherever possible), and to never use harsh chemicals, parabens, sulfates, phthalates, talc, petrochemicals, preservatives, nanoparticles, GM ingredients, or test on animals. It's our mission to create beautiful blends from essential oils, herbs, botanicals, and flowers to help nourish, protect, and improve the health of your skin.

TOXIC INGREDIENTS A-Z

BUTYLATED COMPOUNDS

FOUND IN: Lip Products, Makeup, Deoderant, Creams, and more.

WHAT TO LOOK FOR ON LABEL: BHA, BHT

HEALTH CONCERNS: Endocrine Disruption, Organ-System Toxicity, Development & Reproductive Toxicity, Cancer.

BEWARE: Studies have shown a link between Butylated Chemicals and hormone disruption, damage of lung tissue and kidneys, underdevelopment and dysfunction of the reproductive system, stomach tumors, cancer, and irritation of the skin.

CARBON BLACK

FOUND IN: Makeup, Cosmetics, Nail Polish, and more.

WHAT TO LOOK FOR ON LABEL: Carbon Black, D & C Black No. 2, acetylene black, channel black, furnace black, lamp black, and thermal black.

HEALTH CONCERNS: Cancer, Organ System Toxicity.

BEWARE: Studies have shown a link between Carbon Black and Lung Tumors, Skin Cancer, Lung Inflammation, thickening and scarring of connective tissue, Lung Disease, Cardiovascular Disease, and Respiratory Issues.

COAL TAR

FOUND IN: Hair Care Products, Soaps, Dyes, Lotions, and more.

WHAT TO LOOK FOR ON LABEL: Coal tar solution, tar, coal, carbo-cort, coal tar solution, coal tar solution USP, crude coal tar, estar, impervotar, KC 261, lavatar, picis carbonis, naphtha, high solvent naphtha, naphtha distillate, benzin B70, petroleum benzin

HEALTH CONCERNS: Cancer, Organ System Toxicity.

BEWARE: Studies have shown a link between Coal Tar and Skin Tumors, Cancer of the Lung, Bladder, Kidney, Digestive Tract, and Skin. It has also been linked to Neurological damage, emotional and sleep disturbances, and loss of coordination.

ETHANOLAMINE COMPOUNDS

FOUND IN: Soaps, Hair Care, Lotions. Dyes, Cosmetics, Makeup, Sunscreen, Cleaning Products, and more.

WHAT TO LOOK FOR ON LABEL: Triethanolamine, diethanolamine, DEA, TEA, cocamide DEA, cocamide MEA, DEA-cetyl phosphate, DEA oleth-3 phosphate, lauramide DEA, linoleamide MEA, myristamide DEA, oleamide DEA, stearamide MEA, TEA-lauryl sulfate

HEALTH CONCERNS: Cancer, Organ System Toxicity, Bioaccumulation.

BEWARE: Studies have shown a link between Ethanolamine Compounds and Cancer of the Liver, Kidney, and Nasal Cavity. Studies also show that 50-70% of Ethanolamine Compounds stay in the skin after application. DEA is also linked to dysfunction of Male Reproductive Health - altering sperm structure, affecting the sperm's ability to swim, and fertilize an egg. DEA accumulates in the liver and kidney, causing organ toxicity and possible brain damage such as tremors. It has also been linked memory function and brain development disabilities in offspring from mothers' exposure to DEA.

TOXIC INGREDIENTS A-Z

FORMALDEHYDE

FOUND IN: Nail Products, Eyelash Glue, Hair Products, Baby Shampoo, Body Wash, Cosmetics, and more.

WHAT TO LOOK FOR ON LABEL: Formaldehyde, quaternium-15, DMDM hydantoin, imidazolidinyl urea, diazolidinyl urea, polyoxymethylene urea, sodium hydroxymethylglycinate, 2-bromo-2-nitropropane-1,3-diol (bromopol) and glyoxal.

HEALTH CONCERNS: Endocrine Disruption, Organ-System Toxicity, Development & Reproductive Toxicity, Cancer.

BEWARE: Studies have shown a link between Butylated Chemicals and hormone disruption, damage of lung tissue and kidneys, underdevelopment and dysfunction of the reproductive system, stomach tumors, cancer, and irritation of the skin.

FRAGRANCE

FOUND IN: Makeup, Cosmetics, Lotions, Sunscreen, Body Wash, Perfume, and more.

WHAT TO LOOK FOR ON LABEL: Fragrance, perfume, parfum, essential oil blend, aroma.

HEALTH CONCERNS: Cancer, Organ & Nervous System Toxicity, Endocrine Disruption, Irritation, Bioaccumulation, and more.

BEWARE: Fragrance is defined by the FDA as a proprietary blend of natural or synthetic chemicals that only need to be listed as "Fragrance". Studies have shown over 3,000 materials being used as Fragrance compounds. Studies show a link between Fragrance and Organ Toxicity of the Reproductive System, Nervous System, Endocrine System, Respiratory System, and Cardiovascular System. Fragrance has also been linked to tumors, cancer, and irritants of the skin, eye, nose, and throat. Due to its proprietary or "secret" formula, the list of Health Concerns could be potentially endless.

LEAD & OTHER HEAVY METALS

FOUND IN: Makeup, Cosmetics, Toothpaste, Nail Care Products, Eyedrops, and more.

WHAT TO LOOK FOR ON LABEL: Lead acetate, chromium, thimerosal, hydrogenated cotton seed oil, sodium hexametaphosphate. Note: products that contain contaminant metals will not list them on ingredient labels.

HEALTH CONCERNS: Cancer, developmental and reproductive toxicity, organ system toxicity, Bioaccumulation.

BEWARE: Lead is a well-known neurotoxin which can lead to learning and behavioral disabilities. It has also been linked to Reproductive Issues in men and women, causing hormonal changes, menstrual irregularities, delayed puberty and reproductive organ development. Pregnant women are especially vulnerable because lead crosses the placenta and may enter the fetal brain, and has also been linked to miscarriage.

Mercury, another heavy metal, is linked to nervous system toxicity, as well as reproductive, immune and respiratory toxicity. It has also been shown to disrupt thyroid hormones and fetal development.

Other heavy metals, such as Aluminium are linked to neurotoxicity, developmental and reproductive toxicity, and cancer. Chromium is strongly linked to immune and respiratory toxicity, as well as systemic toxicity.

TOXIC INGREDIENTS A-Z

METHYLISOTHIAZOLINONE (MIT) /

METHYLCHLOROISOTHIAZOLINONE (CMIT)

FOUND IN: Hair Care Products, Skin Care Products, Cosmetics, Makeup, Sunscreen, Soaps, Detergents, and more.

WHAT TO LOOK FOR ON LABEL: Methylisothiazolinone (MIT): 2-methyl-4-isothiazoline-3-one, Neolone 950 preservative, MI, OriStar MIT and Microcare MT. Methylchloroisothiazolinone (CMIT): 5-Chloro-2-methyl-4-isothiazolin-3-one and MCI.

HEALTH CONCERNS: Inhalation toxicity, allergies and possible neurotoxicity.

BEWARE: Studies have shown a link between MIT / CMIT and Organ System Toxicity ranging from weight gain, reddened lungs, swollen intestines, and death. Products containing CMIT also have been linked to skin sensitization and skin allergies.

NITROSAMINES

FOUND IN: Almost every personal care product.

WHAT TO LOOK FOR ON LABEL: DEA, TEA.

HEALTH CONCERNS: Cancer, Organ System Toxicity, and Endocrine Disruption, Bioaccumulation,

BEWARE: Nitrosamines form when certain compounds (DEA and TEA) are combined with preservatives that can break down into nitrates. Because they form through chemical reactions, they are not listed on ingredient labels. Several studies have linked Nitrosamines to cancer. Nitrosamines have also been shown to disrupt the Endocrine system even with low doses. DEA and TEA also have been shown to accumulate in the liver, bladder, and other organs, and cause developmental or reproductive toxicity, immunotoxicity, neurotoxicity and systemic toxicity.

OCTINOXATE

FOUND IN: Makeup, Hair Care Products, Sunscreen, Nail Polish, Skin Creams, and more.

WHAT TO LOOK FOR ON LABEL: Octinoxate, oct methoxycinnamate (OMC), parsol, parsol MCX, parsol MOX, escalol, 2-ethylhexyl p-methoxycinnamate

HEALTH CONCERNS: Endocrine Disruption, Reproductive, Development, and Organ System Toxicity

BEWARE: Octinoxate has been shown to disrupt hormones, mimic estrogen, increase development of tumors, reduce thyroid hormones, alter reproductive systems (including size and weight) in female offspring, is associated with infertility and miscarriages, and increases the chance of breast cancer.

PETROLATUM, PETROLEUM JELLY

FOUND IN: Lotions, Cosmetics, and more.

WHAT TO LOOK FOR ON LABEL: Petrolatum, Petroleum Jelly, Paraffin Oil, Mineral Oil and White Petrolatum (refined and safe for use).

HEALTH CONCERNS: Cancer

BEWARE: When properly refined, petrolatum has no health concerns, however it is rarely properly refined for cosmetic uses. When it is not properly refined it is contaminated with toxic chemicals known as Polycyclic aromatic hydrocarbons or PAHs. PAHs are linked to cancer of all varieties. One study showed that women with high levels of PAH had 50% greater chance of developing breast cancer.

TOXIC INGREDIENTS A-Z

PHENOXYETHANOL

FOUND IN: Hair Care Products, Skin Care Products, Cosmetics, Makeup, Sunscreen, Soaps, Detergents, and more.

WHAT TO LOOK FOR ON LABEL: Phenoxyethanol, 2-Phenoxyethanol, Euxyl K® 400 (mixture of Phenoxyethanol and 1,2-dibromo-2,4-dicyanobutane), PhE

HEALTH CONCERNS: Allergies, Nervous System Effects in Infants

BEWARE: Studies have shown a link between Phenoxyethanol and allergic reactions ranging from eczema, hives, and anaphylaxis. Eczema is a common allergic reaction to the exposure of Phenoxyethanol; products containing one percent or more of the chemical can cause eczema of the skin. Products containing Phenoxyethanol have also been linked to depressed nervous system including decreased appetite, difficulty walking, limpness, and change of the skin colour.

POLYACRYLAMIDE

FOUND IN: Moisturizers, anti-aging products, colour cosmetics, hair care products, sunscreens, and more.

WHAT TO LOOK FOR ON LABEL: Polyacrylamide; acrylamide; polyacrylate, polyquaternium, acrylate

HEALTH CONCERNS: Cancer, Reproductive and Development Toxicity

BEWARE: Studies have shown a link between Polyacrylamide and Cancer of the thyroid, mammary glands, uterus, pituitary gland, and oral cavity. It is also considered a neurotoxicant and has been linked to reduction in fetal weight, as well as negative impacts on sperm, including ejaculation, motility, and genetic mutations.

POLYTETRAFLUOROETHYLENE (PTFE, AKA TEFLON®)

FOUND IN: Makeup, Cosmetics, Shave Gel, Anti-Aging Creams, and more.

WHAT TO LOOK FOR ON LABEL: Polytetrafluoroethylene (PTFE), Polyperfluoromethylisopropyl Ether, DEA-C8-18 Perfluoroalkylethyl Phosphate, Teflon

HEALTH CONCERNS: Cancer, Endocrine Disruption, Delayed Puberty, Reproductive Toxicity, Diabetes, and more.

BEWARE: Studies have shown a link between PTFE and cancer of the mammary glands, testes, prostate, kidney, ovaries, and non-Hodgkin's lymphoma. PTFE has also been shown to disrupt estrogen receptors, thyroid receptors, steroid hormones, and male testosterone levels. High levels of PTFE in the blood has also been shown to delay puberty in girls; including delayed menstruation and delayed breast development. It can also have negative effects on prenatal development, delayed physical development, and adverse birth outcomes in infants.

PARABENS

FOUND IN: Hair Care Products, Cosmetics, Shower Gels, and more.

WHAT TO LOOK FOR ON LABEL: Ethylparaben, butylparaben, methylparaben, propylparaben, isobutylparaben, isopropylparaben, other ingredients ending in -paraben

HEALTH CONCERNS: Cancer, Endocrine Disruption, Development and Reproductive Toxicity.

BEWARE: Studies have shown a link between Parabens and Endocrine Disruption, especially its ability to mimic Estrogen can cause cell proliferation of human breast cancer, Parabens have also been linked to UV-induced damage of the skin and cell growth rate. The combination of parabens with other estrogen chemicals can potentially influence the development of malignant melanoma. Parabens also have the ability to alter the development of reproductive organs, especially in males.

TOXIC INGREDIENTS A-Z

PHthalATES

FOUND IN: Cosmetics, Body Washes, Hair Care products, Nail Polish, and more.

WHAT TO LOOK FOR ON LABEL: phthalate, DEP, DBP, DEHP and fragrance

HEALTH CONCERNS: Endocrine disruption, developmental and reproductive toxicity, cancer

BEWARE: A 20 year study has shown a link between Phthalates and disruption of the Endocrine System, which can lead to severe harm during periods of development. Pregnant women's exposure to phthalates has been associated with improper genitalia development and altered hormone levels in male babies. It is also a reproductive toxicant and has found to strongly impair sperm mobility, cause infertility, alter sex hormones, alter the development of sexual organs, and increase the likelihood of miscarriage. Phthalates have also been shown to bioaccumulate in breast tissues leading to cell proliferation and the production of tumor cells.

QUaternium-15

FOUND IN: Hair Care Products, Cosmetics, Shaving Products, Household Cleaners, and more.

WHAT TO LOOK FOR ON LABEL: Benzalkonium chloride, benzethonium chloride, quaternium-15, guar hydroxypropyltrimonium chloride, centrimonium bromide, polyquaternium – followed by a number (i.e. polyquaternium-7).

HEALTH CONCERNS: Irritation and Sensitization

BEWARE: Quaternium-15 is a formaldehyde releasing preservative and has been known to cause severe irritation of the skin as well as allergic reactions. Studies have shown that a percentage of contact dermatitis may be linked to the use of Quaternium-15. In higher concentrations Quaternium-15 can cause burns to the skin. In more rare cases, Quaternium-15 has been linked to severe allergic reactions, including allergies to Anesthesia.

SYNTHETIC MUSKS

FOUND IN: Perfume, Colognes, Scented Cosmetics, Body Wash, Hair Products, Detergents, and more.

WHAT TO LOOK FOR ON LABEL: Fragrance, musk ketone, musk xylene, galaxolide, tonalide

HEALTH CONCERNS: Endocrine Disruption, Organ System and Reproductive Toxicity, Bioaccumulation.

BEWARE: There is evidence that synthetic musks can disrupt hormones. High levels of musk ketone in a woman's blood can increase the risk of ovarian failure and infertility. Synthetic Musks are also not fully biodegradable, so they have been known to contaminate water, drinking water, soil, indoor air, and inside human / animal bodies. These musks are also toxic to a variety of aquatic organisms and have been found inside Salmon and Shrimp. Ketone Musks have also been detected in household air, dust, infants umbilical cord blood, placenta, women's breast milk, blood, fat tissue.

TALC

FOUND IN: Shower Products, Lotions, Cosmetics, Deodorants, Face Masks, and more.

WHAT TO LOOK FOR ON LABEL: Talcum powder, cosmetic talc

HEALTH CONCERNS: Irritation, Organ System Toxicity, Cancer

BEWARE: Studies have shown a link between Talc and severe respiratory distress - especially in infants due to talcum powder inhalation. Talc has also been linked to various cancers including endometrial, ovarian, lung, pelvic lymph nodes, stomach, and heart; though it can reach other organs; especially when applied to genitalia or inhaled. Talc has also been known to cause inflammation, damage cells, and bioaccumulate in lung tissues / lymph nodes.

TOXIC INGREDIENTS A-Z

Please print off this page and cut out the list of Toxic Ingredients A-Z! Use it while you shop to help stop the spread of harmful ingredients! These are just a few, there are many more, under many names, and unfortunately this list can be ever changing. Stay informed on safe products and always choose "non-toxic" products for your home and your family!

This list was made possible by Campaign for Safe Cosmetics. All sites, references, and sources can be found on their website at www.safecosmetics.org.



TOXIC INGREDIENTS A-Z

1,4-dioxane
Acrylates
Benzophenone & Related
Compounds
Butylated Compounds
Carbon Black
Coal Tar
Ethanolamine Compounds (MEA,
DEA, TEA And Others)
Formaldehyde
Fragrance
Homosalate
Hydroquinone
Lead And Other Heavy Metals
Methylisothiazolinone and
Methylchlorisothiazolinone
Nail Polish Remover
Nitrosamines

Octinoxate
PABA
Petrolatum, Petroleum Jelly
Phenoxyethanol
Polyacrylamide
Polytetrafluoroethylene (PTFE,
TEFLON)
P-Phenylenediamine
Parabens
Phthalates
Quaternium-15
Resorcinol
Retinol and Retinol Compounds
Synthetic Musks
Talc
Toluene
Triclosan

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