

### Did You Know?

13% of the 82,000 ingredients used in personal care products are industrial chemicals including carcinogens, pesticides, reproductive toxins, and hormone disruptors<sup>1</sup>

Our bodies are constantly having to deal with all the toxins we are exposed to in our air, water and food, so why not give them a break by using natural and homemade products that are safe for us and for the environment?



### Easy Homemade Lip Balm Recipe:

- > 1 tsp coconut oil
- > 2 tsp cocoa butter
- > 1 tsp beeswax or soy wax
- > 4 tsp shea butter
- > 2 vitamin E capsules
- > Essential oils (optional)

Melt all ingredients together in a pot over low heat. Once mixture is well blended, remove from heat and pour into a small jar or container. Ingredients can also be melted in the microwave using a glass measuring cup. Allow to set in fridge until hardened.



1. 'Dirty Dozen' cosmetic chemicals to avoid. (N.D.). Retrieved October 23, 2014 from <http://www.davidsuzuki.org/issues/health/science/toxics/dirty-dozen-cosmetic-chemicals/>

## Personal Care Products Tip Sheet

### 📣 Take action! Reduce the toxins going down our drains.

#### > No Cost

- Always read the ingredients on the back of a product and avoid ingredients that are known to be harmful (see below for a list of common ingredients to avoid).
- Avoid anti-bacterial products (particularly Triclosan), often found in toothpaste and hand soaps.
- Take any unwanted products to one of Calgary's Household Hazardous Waste drop-offs.
- Take your old medicines to a pharmacy for safe disposal (do not flush them down the toilet).

#### *The Never List* 🌿 INGREDIENTS TO AVOID

**RESORCINOL** Benzalkonium Chloride MINERAL OIL  
ANIMAL FATS METHYLISOTHIAZOLINONE TOLUENE  
OILS & MUSKS ETHYLENEDIAMINETETRAACETIC ACID (EDTA)  
**BHA** BUTOXYETHANOL Parabens TRICLOSAN  
& BENZOPHENONE Bisphenol A (BPA) SODIUM LAURYL  
**BHT** Ethanolamines SODIUM FRAGRANCE  
(MEA/DEA/TEA) LAURETH Retinyl METHYL  
MERCURY POLYETHYLENE SULFATE (SLES)  
& MERCURY (SLES) Pulmitate Synthetic  
(Titanin A) GLYCOL (PEG) 1,4-DIOXANE Flavor  
**HYDROQUINONE** FORMALDEHYDE Phthalates OXYBENZONI Coal Tar

#### > Low Cost

- Make your own personal care products to save time, money and reduce waste from packaging.
- Look for products that are made locally in order to support the local economy. Make sure they are produced without ingredients that are known to be harmful



### Ingredients to Avoid:

Visit [David Suzuki's Dirty Dozen Ingredients](#) to Avoid for more details!

1. BHA and BHT
2. Coal tar dyes: p-phenylenediamine and colours listed as "CI" followed by a five digit number
3. DEA-related ingredients
4. Dibutyl phthalate
5. Formaldehyde-releasing preservatives
6. Parabens
7. Parfum (a.k.a. fragrance)
8. PEG compounds
9. Petrolatum
10. Siloxanes
11. Sodium laureth sulfate
12. Triclosan

We offer workshops on making your own personal care products, a recipe book, and online resources to get you started. Call us or check out our website to learn more!  
[www.greencalgary.org/green-homes](http://www.greencalgary.org/green-homes)

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