

SYNTHETIC CLOTHING:

THE HIDDEN COST TO YOU & THE PLANET

Synthetic fabrics like *polyester*, *nylon*, *acrylic*, and *spandex* are made from petroleum-based plastics. They dominate fast fashion— they're cheap to produce, but costly to human and planetary health.



IMPACT ON HEALTH

Chemical Exposure

- Polyester can shed antimony, a toxic heavy metal linked to skin irritation and lung issues.
- Clothing is often treated with endocrine-disrupting chemicals (EDCs) like phthalates, PFAS ("forever chemicals"), and flame retardants.

Microplastics & Inhalation

- Synthetic fabrics shed microplastics while being worn—especially during movement and friction. These particles can be inhaled or absorbed through the skin.
- One study found that 83% of global tap water samples were contaminated with microplastics.

Skin Reactions

- Synthetic fabrics trap heat and moisture, increasing the risk of rashes, fungal infections, and allergic reactions.

IMPACT ON PLANET

Laundry Pollution

- A single load of laundry can release up to 700,000 microplastic fibers into waterways.
- These fibers end up in oceans and enter the food chain, harming marine life in the process.

Fossil Fuel Use

- Polyester production accounts for over 60% of global textile fibers and is responsible for over 700 million barrels of oil used annually.

Long-Term Waste

- Synthetics can take hundreds of years to break down, releasing microplastics the entire time.
- Less than 1% of clothing is recycled into new garments.



WHAT CAN YOU DO?

Choose natural fibers like organic cotton, hemp, or linen.

Wash clothes less often and use a microplastic filter or bag in your washing machine.

Support sustainable brands and secondhand shopping.

Say NO to fast fashion. Invest in quality, not quantity.



REMEMBER

What we wear impacts more than our style—it impacts our bodies and our planet.

Let's rethink fashion for a greener future.

BEACHES GO GREEN 2.0



**HEALTHY PLANET
HEALTHY YOU**

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