



TOXINS IN PERSONAL CARE PRODUCTS:

What's in Your Products—and What's Getting Into You?



THE PROBLEM

Most personal care products—like shampoo, lotion, deodorant, body spray, makeup, and face wash—look clean, smell nice, and promise good results.

But many of them contain toxic chemicals that can harm your hormones, skin, lungs, and long-term health.

These chemicals don't just stay on your skin—they get absorbed into your bloodstream and washed down the drain, polluting both your body and the environment.

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COMMON TOXIC INGREDIENTS TO AVOID

- **Fragrance** - A vague term that can hide hundreds of undisclosed chemicals, including hormone disruptors and allergens.
- **Parabens** - Used as preservatives; mimic estrogen and are linked to hormonal imbalance and breast cancer.
- **Phthalates** - Found in fragrances and flexible plastics; linked to reproductive harm and hormone disruption.
- **Triclosan** - An antibacterial found in soaps and toothpaste; can disrupt thyroid function and gut health.
- **Formaldehyde** & formaldehyde releasers - Found in hair products and nail polish; known carcinogen.
- **Sulfates (SLS/SLES)** - Create lather in shampoo and soap; can irritate skin and strip protective oils.

WHY IT MATTERS

- Teens are especially vulnerable because of ongoing hormone development.
- On average, teens use 12-17 personal care products daily, often layering toxins.
- These chemicals can contribute to early puberty, acne, asthma, anxiety, infertility, and even cancer.

And remember—what goes on your skin goes in your body.

IMPACT ON THE ENVIRONMENT

- Many of these chemicals wash into waterways, affecting fish and wildlife.
- Microplastics and excess packaging contribute to plastic pollution and long-term environmental damage.
- Aerosol sprays (like body mists and hair sprays) release VOCs, which contribute to indoor air pollution and smog.

SHOPPING TIPS

- Look for products labeled "fragrance-free," "phthalate-free," and "paraben-free".
- Use tools like the EWG Skin Deep® app or YUKA to check product safety.
- Choose brands that are transparent with their ingredient lists.
- Try DIY options with simple ingredients like coconut oil, shea butter, and baking soda.
- Avoid aerosol sprays—choose pump bottles or solids instead.

BEACHES GO GREEN 2.0

YOUR SKIN IS YOUR
LARGEST ORGAN—
TREAT IT WITH CARE.



HEALTHY PLANET
HEALTHY YOU