

# Toxic side of beauty products

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## ABSTRACT

Cosmetics cause you to look good, but rather like all things too good to be true; the positive benefits of using such products can take a toll on your health. As per studies, the common woman uses 12 tending products each day containing 168 different chemicals. A recent study has revealed that the skin may absorb up to 60 per cent of the chemicals in products it comes in grips with. Another study, by the North-western University School of medication in Evanston, Illinois, has also revealed that complaints made against beauty goods over doubled from 2015 to 2016, with hair care products topping the list. Consistent with the university, there have been over 5,000 events reported to the FDA from 2004 to 2016, with 1,591 incidents reported in

2016 alone.

Although many ingredients in makeup are safe, variety of common ingredients are often harmful to both the body and therefore the environment.

In the US, there's no law that needs the Food and Drug Administration (FDA) to approve cosmetics. This implies that aside from colour additives, cosmetics can contain variety of dangerous chemicals with no regulation.

When someone uses cosmetics, their skin absorbs chemicals, which might then enter the bloodstream. People may additionally inhale powders or ingest some cosmetics – by using lip products, for instance.

Certain chemicals present in makeup and other cosmetic products can contain ingredients that researchers have linked to serious health concerns.

## INTRODUCTION

People is also absorbing and ingesting potentially toxic chemicals from their cosmetic products, a brand new study suggests.

Researchers found high fluorine levels in most of the waterproof mascara, liquid lipsticks, and foundations they tested, indicating the probable presence of what's referred to as PFAS-per-and polyfluoroalkyl substances. Many of those chemicals weren't included on the merchandise labels, making it difficult for consumers to consciously avoid them.

"This study is extremely helpful for elucidating the PFAS content of various styles of cosmetics within the U.S. and Canadian markets," says Elsie Sunderland, PhD, an environmental scientist who wasn't involved the study.

"Previously, all the info had been collected in Europe, and this study shows we are handling similar problems within the North American marketplace," says Sunderland, a professor of environmental chemistry at the Harvard T.H. Chan School of Public Health in Boston.

PFAS are a category of chemicals utilized in a range of consumer products, like nonstick cookware, stain-resistant carpeting, and water-repellent clothing, consistent with the CDC. They're added to cosmetics to create the products more durable and spreadable, researchers said within the study.

"[PFAS] are added to alter the properties of surfaces, to form them nonstick or immune to stay in water or oils," says study co-author Tom Bruton, PhD, senior scientist at the Green Science Policy Institute in Berkeley, CA. "The concerning thing about cosmetics is that these are products that you're applying to your skin and face daily, so there's the skin absorption route that's of concern, but also incidental ingestion of cosmetics is additionally a priority yet."

The CDC says a number of the potential health effects of PFAS exposure include increased cholesterol levels, increased risk of kidney and seminoma, changes in liver enzymes, decreased vaccine response in children, and a better risk of high force per unit area or preeclampsia in pregnant women.

## CHEMICALS NEED TO BE AVOID

### Poly ethylene glycol (PEGs)

On an analogous note: Polyethylene glycol, "Propylene Glycol (PG) and

Butylene Glycol (BG) could potentially be petroleum derived and aggravating to the skin," says Shrestha. These are chemical thickeners and may sometimes be found in cream-based products.

### Siloxanes

Also referred to as cyclical silicones, these compounds are found in a very type of cosmetic and skincare products-but they're not great for the environment, and are linked with endocrine disruption yet. (Dimethicone, on the opposite hand, is taken into account safer when used sparingly).

### Triclosan

This antimicrobial ingredient (often found in hand sanitizers and antibacterial soap) has been linked to such a big impact on the thyroid and reproductive hormones, that it's banned in several countries. The US has moved to ban it from antiseptic soap, but it'd still show up in deodorant, mouthwash, lather, and toothpaste, says the EWG.

### Ethanolamines

While these compounds (which are emulsifiers found in foundation, mascara, and skincare products) are technically classified as safe for cosmetic use by the EWG, they're also shown to be allergens—something to stay in mind if you have got sensitivities to certain ingredients. They may be listed as Mono Ethanol Amine (MEA), Di Ethanol Amine (DEA), or Tri Ethanol Amine (TEA).

### Oxybenzone

A possible endocrine disruptor, oxybenzone are often found in many skincare products that contain sunscreen "including lotions, lip balms, cleansers, fragrance, and even baby products," says Shrestha.

### Octinoxate

This common sunscreen ingredient was thought originally to be harmful to coral reefs, and although which will are recently proven false, it's still somewhat irritating to sensitive skin.

### Homosalate

"This is another chemical that's commonly utilized in sunscreens as a UV absorber," says Shrestha. While regulations are beginning to wisen up to Octinoxate and Oxybenzone, Homosalate remains pretty commonly used.

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## **Sergio.**

### **Toluene**

This chemical (which also goes by the name of Butylated Hydroxy Toluene, or BHT), could be a big no-no: It's linked with brain toxicity and might be

especially dangerous during pregnancy. While it's banned within the EU and geographic area (as well as by some retailers within the US), you'll still find it nail varnish, nail treatments and dyestuff.

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