

Q. *When using beauty products, such as cosmetics and lotions, should we be concerned about harmful chemicals, such as endocrine disrupting chemicals, entering the body through the skin? Should we be as concerned about the beauty products we use on our skin as about the food we eat? If so, why? If not, why not? I'd really be interested in, first, your own opinion on the above (prior to your doing any research), and then, second, any good on-line reference material about it. Lastly, is this an issue you feel the public in general should be more aware of? Thank you!*

– **Anonymous, United States of America 02/04/05**

Rated: ★★★★★ by 11 Council Members

A. 1 *From: **Raj Manda**, Council Member on Ammas.com*

As a matter of fact, we should be even more worried about what we use on our skin than what we eat. when we eat something, all of it may or may not get digested, absorbed, and enter the blood stream and might get thrown right out. On the other hand if the skin absorbs something, it gets directly into the blood circulation doing the maximum good or harm. That is why, all these antiaging creams, anticreasing creams :-) etc. tout their ingredients like alphahydroxy acids. There are contraceptive patches which are releasing their hormones into the system through the skin. You also must have heard of all the patches that help you quit smoking. The patches contain the medicines that alter the brain chemistry and wean you from the addiction. Pharmaceutical companies are working very hard to develop insulin patches. Skin is the most ideal route for drugs like insulin, antibiotics etc. because they get released in a very controlled quantities over a long period of time which is the need of the hour both economically and physiologically. If you can use the skin as the delivery mechanism for the slow and continuous release of a drug, the amount of drug you need to take will be much lower, thereby reducing the costs, side effects and peaks and troughs in the serum drug level (A peak results within a short time of taking the medicine orally. By 8 or 6 hours when it is time for the next dose, the serum level would have bottomed into a trough). Finally, the reason

why you can get terrible allergic reactions (including death by anaphylactic shock if the allergic reaction is acute) to certain creams is because of the rapid absorption of one or more ingredients you are allergic to through the skin into the blood and the immune response to those ingredients. So, the answer to your question is a resounding yes. You must pay close attention to what you put on your skin and the need for the awareness of the issue cannot be overemphasized.

Rated: ★★★★★ by 14 Council Members

A. 2 From: **U UK**, Featured Member on [Ammas.com](#)

I think you should be very careful in what you use, some products can be potentially harmful to skin as well as general health. As everyone knows skin has the properties of absorption, all the chemicals are being absorbed and then the liver and kidneys have to over work to eliminate all the toxins, SO you see it is definitely harmful to use cosmetics.

Rated: ★★★★★ by 14 Council Members

A. 3 From: **monika sidana**, Featured Member on [Ammas.com](#)

yes we should be concerned while using cosmetics and lotions

because there are some chemicals which does not suit our skin

and react it badly on the skin. if you want to use just try first apply on side of your ear wait for 24 hrs and check if there is no rash or something and your skin is normal and then you can use it safely, other day my daughter just used some cream on her gums and it did not suit her at all her lips got swollen and face also. whatever we use first we should try and see and then apply. In general every body should know.

Rated: ★★★★★ by 14 Council Members

A. 4 From: **Natasha Pal**, Council Member on [Ammas.com](#)

Dear,

That is a very good question and something many of us forget thinking about everytime we get tempted by sky-high promises of 'miracle' creams, 'stay-forever' lipsticks and stuff like that.

Yes, of course we should be as concerned about what we put on our body as about what we put inside it. Why? Well, you would not eat something you know is full of chemicals and stuff you don't even understand, but sometimes we happily put it on our skin and expect health and eternal beauty.

Yes, this is definitely an issue to be aware of. I think beauty magazines should pay a bit less attention to describing all the wonderful effects of cosmetics and start telling their readers about what ingredients in them mean what and which ones are to be avoided.

This is not to say that one should not use cosmetics. Many ranges are quite natural and no longer use harmful chemicals. One should just use common sense. For example, how good for you can be a cream that promises to make skin fairer? You should always go for reputed brands and natural ranges, never overdo how much you put on and try to use as many natural treatments as possible: olive oil, lemon, haldi, almond, sandalwood, fruits and vegetables, other natural oils. You should also try looking for products which are no coloured, scented, etc. Products for sensitive skin tend to contain less chemicals.

Well, that's what I think and here are some useful sites on the subject I could find:

www.environmentalhealth.ca

www.gina.an

users.penn.com

www.health-report.co

Some of them give lists of harmful chemicals to avoid.

Good luck.

Rated: ★★★★★ by 16 Council Members

A. 5 From: **Lakshmi Nanduri**, Featured Member on Ammas.com

All products have a warning label attached to it indicating the side effects and indicates a message about the allergies. You can also check FDA web site about the approval of the product. Most importantly the beauty products company web site also indicate the details about the product. You should also check with your friends

whether it is being used just to be on safe side. It is also a good idea to check with your family physician or pharmacist about using products that you are not sure.

Thanks

Rated: ★★☆☆☆ by 16 Council Members

A. 6 *From: Seetha Hariharan, Council Member on Ammas.com*

Hi,

Food and beauty products are imporatan to know about them.They may affect our body.

Beauty products and ingredients have been tested thoroughly for safety. There is essentially no ingredient that will be inert to ALL people - these are safest for MOST people. Various people have allergies, and large doses of anything can be harmful (yes, even water). Many products must use preservatives , they will go bad to people.

About vegetables, fruits, you should clean properly and use them. Some are allergic to some people. So you should know about it.

Rated: ★★☆☆☆ by 16 Council Members

A. 7 *From: bangaru lakshmi, Featured Member on Ammas.com*

The types of chemicals that touched our skin were pretty much those that the Earth made on her own. Today it's a different story. What you are putting on your skin day after day, year after year, may be doing much more harm than good. Have you ever stopped to think how many hours a day your face spends under a layer of makeup, and what ingredients are penetrating your skin? One of the arguments I hear from skincare manufacturers and ingredient suppliers is that a little Propylene Glycol or Sodium Lauryl Sulfate in a cream or shampoo won't hurt. Fine – but we're not talking about a single exposure, here – more like ten or twenty thousand, several times a day! Over the years, using these products every day can affect the body. And when shampoo runs into your eyes, the potential harm an ingredient like SLS can do is downright frightening.shampoos, soaps and facial cleansers. They are easily absorbed by the skin, and research indicates a strong link to liver and kidney cancer.There is also evidence that carcinogens form when Cocamide DEA (a

cleanser, thickener and foam booster) is applied to the skin.

so we have to take care of cosmetics we use daily..

here is link may help u to protect skin www.naturalskinandhair.com

www.cyh.com

this may help u

Rated: ★★☆☆ by 16 Council Members

A. 8 *From: Aditi , Featured Member on Ammas.com*

Hi,

I agrees that beauty products contain synthetic chemical. According to my opinion, should we be concerned about it? Yes of course.

But all the products entering the market are tried and tested on animals that are equivalent to human skin. So I think if the products cause allergy by its harmful products, then it will not be available in the market for long time. Moreover, almost all products tell you to try first on your skin to see if you are allergic to it, before starting to use it regularly.

Should we be concerned as much as food intake? No I would say. The amount of chemical absorbed into the body by the skin is negligible compared to the food substance consumed directly through mouth. (Unless, one is drinking or eating any of the beauty product).

Its like asking- is it safe to travel by foot or public transport or by car for example? All of them have their own risk. We just have to weigh the risk of each and their circumstances. Its a matter of choice. less disadvantages and more advantages of anything will be a good choice.

This link will give you some reference material to you concern-

www.hans.org

Lastly, public awariness about this? No need, there is enough awariness going on as such and people get confused about it. All one has to know is what product one wants, which is the best on the market, whether it is tried and tested before its

launch and was there any complaints about that product.

Rated: ★★★★★ by 15 Council Members

A. 9 From: **kamini behal**, Featured Member on [Ammas.com](#)

one should be careful of using cosmetics. many products are harmful or allergic to skin. instead of cosmetics one should use natural products. e.g. one can use for cleaning of skin fresh milk with few drops of milk instead of deep pore cleansing milk. For moisturizing of skin use rose water, glycerine and few drops of lemon.

Rated: ★★★★★ by 15 Council Members

A. 10 From: **pallavi**, Featured Member on [Ammas.com](#)

Hi,

Before using any cosmetics or other beauty products I think it is one's own responsibility to check for harmful chemicals. B'cos we use these products to enhance our beauty and definitely one would not want to spoil it by using these products. Moreover it is necessary to find out about our own skin type, so that we can narrow down on the wide range of products available to the one that suits us.

As you know the healthier the food we eat, healthier our skin will be. The same rule applies for cosmetics also. So before buying any cosmetics I think one should check for the chemicals used and ascertain whether it is suitable to them or not.

Please check out the site that gives lot of tips on cosmetics:

cosmetic.lifetips.com

Also please check out this website:

www.cosmeticscop.com

Nowadays people are more conscious about their looks. I think it's important for them to know about the cosmetics to use. One way of creating awareness is that the company advertising the product should talk more about the ingredients of their product.

Rated: ★★★★★ by 14 Council Members

A. 11 *From: a , Council Member on Ammas.com*

To begin with I could only say that any chemical on the skin on a daily basis is harmful. We apply the chemical directly to our skin so if there is no damage immediately it may show up later. Beauty experts seem to be putting all their efforts to find things which are mild on the skin so it is clear that a chemical applied to the skin on a daily basis is obviously harmful. There are absolutely no warnings on products about possible negative effects of long-term exposure. This is unfortunate because most diseases linked to chemical exposure are the result of long-term exposure. When we pick up a product, most of us like to think we are getting something that has been tested and proven to be safe. After all, we have laws to protect our health and safety. Actually, the government has very limited power to regulate manufactures, or require testing of their products. No law requires manufacturers to list the exact ingredients on the package label. So there may be many hidden chemicals in the cosmetics that we use on the skin directly. Many ingredients in personal care products may actually pose potentially serious long-term health threats when used over an extended period of time. There are numerous chemicals in personal care products that are toxic and carcinogenic; meaning that they can potentially cause cancer. The ideal way to expose oneself to most toxins and carcinogens over our lifetime is to use mainstream personal care products since the skin transports chemicals from these products directly into the bloodstream and from the bloodstream to the most vital organs thereof. The reality is that anything you apply to your skin ends up inside your body just as if you had eaten it so anything you apply to your skin should be considered safe enough to eat.

Please refer to the following sites to see the facts about cosmetics and their harmful effects:

antiagingchoices.com

www.naturalskinandhair.com

www.healthgoods.com

Rated: ★★★★★ by 13 Council Members

A. 12 *From: Usha Gurnani, Council Member on Ammas.com*

Yes, you should always be aware of what cosmetics you are using and whether they would harm your skin. This is very important. Now the trend is to use herbal

products which in no way harm your skin.

www.healthgoods.com

Refer to the above site for useful information on your query.

Rated: ★★★★★ by 15 Council Members

A. 13 *From: Radhika Nagarkar, Featured Member on Ammas.com*

I think,if you use beauty products from major cosmetic companies, you should not worry much. Most of the companies do a lot of research and their beauty products are clinically tested.

It is also legally necessary for these companies to test products before selling them.

If you are allergic to some materials.You can do the patch test by using the product on the inner side of your arm before using it.

you can go to this site for more information:

www.creative-developments.co

Rated: ★★★★★ by 17 Council Members

Site Information:

Site URL: <http://www.ammass.com>

Mailing address: Ammas.com, P.O.Box 467815, Atlanta, GA 31146, USA

Important Disclaimer: The Ammas.com question and answer system is open to the public. The opinions expressed are those of their individual authors, as attributed beside each item of advice. Neither the authors nor the information they provide are endorsed by this website. We recommend using common sense, making your own inquiries, and, if necessary, seeking professional advice before relying on material, such as the content included in this document, generated on Ammas.com.