

12 MONTHS TO A HEALTHIER YOU

SEPTEMBER TOPIC: BEAUTY AND SKIN CARE



A note from me...



On average, women use 12 products that contain over 168 different ingredients daily. The average man only uses 5!

Now, not all of those ingredients are toxic, but depending on the brands you use, this could be a considerable amount of toxic exposure ever single day!!

By making the switch to clean makeup, you're choosing a path that supports your body's natural balance and vitality.

Traditional makeup products often hide harmful toxins that can hinder your journey toward wellness. So do not overlook your makeup as a large source of toxicant exposure for your body every time you apply your makeup.

Your mission, if you choose to accept: Swap your makeup and foundations for nontoxic options for healing and well-being.

Understanding Toxins in Makeup

Toxins are like invisible intruders that can sneak into your body through your skin. These harmful ingredients that manufacturers put into makeup products help to make them last longer, to make powders stay fluffy and prevent pressed items from falling apart or to smell better.

Parabens: These are synthetic preservatives (like methylparaben, ethylparaben, propylparaben) that can mimic estrogen in the body and disrupt hormonal balance. They have been linked to hormonal disorders and may contribute to the development of breast cancer.

Phthalates: Often found in fragranced cosmetics, phthalates can disrupt the endocrine system and interfere with hormones. They have been associated with developmental and reproductive toxicity, and their use is being restricted in many products.

Formaldehyde-releasing Agents: Ingredients like DMDM hydantoin, urea, and quaternium-15 release formaldehyde over time, which is a known carcinogen and can also cause skin irritation and allergic reactions.

Synthetic Fragrances: Fragrance formulations often contain a mix of undisclosed chemicals that can trigger allergies, migraines, skin reactions, and even contribute to respiratory issues and endocrine disruption.

Sodium Lauryl Sulfate (SLS) and Sodium Laureth Sulfate (SLES): These are surfactants used in many personal care products, including makeup. They can strip the skin of its natural oils, leading to dryness and skin irritation.

Mineral Oil: Derived from petroleum, mineral oil can clog pores and prevent the skin from breathing. It can also contribute to acne and skin sensitivity.

Talc: Talc can be contaminated with asbestos fibers, which are carcinogenic and harmful when inhaled. Although cosmetic-grade talc is supposed to be asbestos-free, concerns remain about its safety.

Lead: Some lipsticks and other colored cosmetics may contain traces of lead, which is a heavy metal known to be toxic to various body systems.

BHA (Butylated Hydroxyanisole) and BHT (Butylated Hydroxytoluene): These synthetic antioxidants are used to extend product shelf life, but have been linked to skin allergies and hormone disruption. Also found in many processed packaged food items.

Oxybenzone and Octinoxate: Commonly found in sunscreens and makeup with SPF, these chemicals can disrupt hormone systems, impact coral reefs, and trigger allergic reactions.

It's important to note that the impact of these ingredients can vary from person to person and depends on factors like exposure frequency and individual sensitivities. Choosing products with cleaner, more natural formulations can significantly reduce the risk of these harmful effects and promote better skin health overall.

Impact Toxins have on Health Issues

The immune system goes on full attack mode when it sees an intruder that it does not recognize as safe. This happens every time you are exposed to toxins.

Toxins can also trigger inflammation, which is like the body's alarm system going haywire. Inflammation can worsen the symptoms of autoimmune diseases and chronic health conditions, making you feel even more unwell.

For example, someone with lupus might find that the toxins in makeup products make their skin rashes worse or triggers joint pain. And someone managing fibromyalgia could experience heightened sensitivity to fragrance chemicals, leading to headaches or fatigue.

Benefits of Clean Makeup for Health and Healing

Clean makeup is like a breath of fresh air for your skin and body. Here's why:

1. **Reduced Toxin Exposure:** With clean makeup, you're skipping the harmful ingredients, so your body doesn't have to fight them off.
2. **Less Skin Irritation:** Natural ingredients are gentle on your skin, reducing redness, itching, and inflammation.
3. **Support for Healing:** By choosing clean makeup, you're actively helping your body heal by giving it a break from unnecessary toxins.
4. **Truly Healing:** Skincare that contains plant phenols actively heals the skin and signs of aging instead of masking the issues with synthetic ingredients and false claims.

Imagine switching to clean makeup as if you're giving your body a healing hug. It's a small but significant step toward feeling better every day.

How to Make the Switch

Ready to take action? Here's how to switch to clean makeup:

1. **Read Labels:** Check ingredient lists. If you spot names like "parabens," "phthalates," or "synthetic fragrances," put it back on the shelf.
2. **Research Brands:** Look for companies that prioritize using natural, organic ingredients. Some examples are XYZ Cosmetics and ABC Beauty.
3. **Gradual Transition:** Don't feel overwhelmed. Swap out products as you run out. Start with your most-used items like foundation or lipstick.
4. **Experiment and Adjust:** Everyone's skin is different. Test different clean makeup brands and find what works best for your unique skin type.
5. **Use an App:** The Think Dirty App and the EWG, Healthy Living app. These are the two apps that I have found to be the most user friendly. Typing the item in the search bar can be quicker to finding results over scanning, since companies are always changing the UPC codes for sizing and the exact code might not be in the app.

Empowerment and Self-Care

Making the switch isn't just about makeup; it's about embracing self-care. By choosing clean makeup, you're honoring your body and giving it the care it deserves.

Remember, health is a journey, and every positive choice you make adds up.

SELF CARE
IS
THE NEW
HEALTH
CARE



Resources:

Having a list of clean brands makes the switch so much easier. Below are brands that I use and recommend to my clients.

As with most things, sometimes you have to try several brands before finding the one that is perfect for you. Take the time you need and have fun with the process.

Act as if your health depends on it!

These resources are hyperlinked so you can go directly to the websites by clicking on the underlined brand name.

The Detox Market, is a website with clean beauty products. No need to worry about toxins in your products.

Credo Beauty is another website that specializing in clean beauty. They've also created the Credo Clean Standard and Dirty List.

Beauty Counter is a great brand of clean makeup, all skincare and sunscreens.

Crunchi is a brand that worked with the EWG to craft a truly toxic free makeup and skincare line.

Ilia is another clean makeup line. I love their mascara, it lasts all day and does not smear.

Mad Hippie, is a nice light and fresh line of makeup and skin care.

Don't forget those nails!! Your fingernails are made up of living cells and absorb the toxins from the nail polishes applied to your nails. Below are a few of my favorite nail polishes that add color without a side of toxins!!

Zoya, is one of the longer lasting polishes I've found.

Ella and Milla, offers great colors and has a line for children!!



In conclusion...

In this journey toward health and healing, your choices matter more than you might realize. By delving into the world of clean makeup, you're embracing a powerful form of self-care that extends far beyond your daily routine. You're taking a stand for your well-being, a stand that says you deserve the very best.

Clean makeup isn't just about colors and textures; it's about honoring your body, inside and out. It's about embracing the truth that your body deserves respect and care. It's about cherishing yourself enough to say no to the toxins that disrupt your balance and wellbeing.

As you take each step toward cleaner, toxin-free choices, remember that you're not alone. There's a community of individuals like you, striving for health and vitality, embracing the simple yet profound shift to clean makeup.

There are companies popping up daily who cater to a growing clean beauty movement, so lots of beautiful choices out there!

Here's to gorgeous YOU and for sending a clear message to companies that want to dump toxins in our bodies! That just doesn't work for us any more.

As always, I'm sending you my biggest bear hug, as I wear my clean mascara!!!

xoxo,
Annette

The Sage Hearth