

Personal Care

The true facts

- The FDA doesn't require companies to test their own personal care products for safety!!
- The healthy and beauty industry is \$160 billion-a-year business and isn't particularly interested in the toxins in their products.
- "Natural" skin care products need only 1% natural ingredients in order to be called "natural".
- Americans spend 7 times more money per year on beauty products than the federal government spends on education.
- Each of us consumes about 200 pounds of plastic each year and about 60 pounds of it is packaging that we just throw away.

What damage are we doing to ourselves and the earth?

- You absorb up to 60% of any substance applied to your skin, so you could absorb up to 4.4 pounds of man-made chemicals through your body every year.
- More than 50 million pounds of used toothbrushes and more than 2 billion disposable razors end up in landfills every year.

How can I change my habits?

- Buy a quality razor with refillable blades.
- When you buy deodorant, try to avoid antiperspirants which use aluminum salts.
- Consider using two-in-one shampoo
- Buy eyeliner pencils encased in wood instead of plastic.
- Buy concentrated bobble bath or salts.
- Choose baby oil from seeds of fruits and nuts instead of the refinement of petroleum.
- If you choose to buy shaving gel, avoid aerosol.

What are the benefits in changing my ways?

- If 1 in 7 US households replaced its shampoo and conditioner purchase with a single two-in-one bottle, the amount of plastic saved per year could fill a football field 27 stories high.
- If 5% of adults switched from antiperspirants for good, the value of the annual energy savings could buy 250 new computers for US classrooms every year.
- If 1 in 20 eyeliner users switched from using plastic-encased pencils to wooden ones, nearly ten thousand pounds of plastic could be saved.
- If every US household replaced a bottle of body wash with a bar of soap, roughly 2.5 million pounds of plastic containers could be diverted from the waste stream.