

DIY Care & Cleaning Products

The Truth about store-bought cleaners:

Toxic Perservatives:

Many household cleaners contain harmful preservatives, like 2-BROMO-2-NITROPROPANE-1,3-DIOL (formaldehyde), which are known to cause cancer and are extremely toxic to aquatic life.

Ammonium Hydroxide:

Many multi-purpose cleaners contain ammonium hydroxide, which can burn skin, damage eyes, cause asthma and hurt aquatic life.

Bleach:

Also known as sodium hypochlorite, bleach is a common disinfecting ingredient that can cause severe burns and eye damage, not to mention it can cause asthma to develop in otherwise healthy people after frequent exposure to low concentrations.



All-Purpose Cleaner

- Vinegar
- Dish soap
- Watered tee-tree oil

Deodorant

- 2 tbsp. baking soda
- 2 tbsp. starch (arrowroot powder or corn starch, potato starch or topioca)
- 3 tbsp. coconut oil
- Optional: essential oils

Face or Body Scrub

- Sugar
- Oil (olive, almond or safflower)
- Optional: cucumber, pineapple or tomato

Body Butter

Ingredients:

Ratio of 75% solid to 25% liquid oil.

- 1 cup shea butter
- ½ cup coconut oil
- ½ cup almond oil

Method:

1. Melt shea butter and coconut oil in the top of a double boiler. Remove from heat and let cool for 30 minutes.
2. Stir in almond oil and essential oils.
3. Place oil mixture in freezer to chill.
4. Wait until oils start to partially solidify then whip

Top 12 Ingredients to Avoid in your Skincare:

PARABENS (Methyl, Butyl, Ethyl, Propyl): Not always labeled, used as preservatives, and may contribute to hormone imbalance. Usually found almost everywhere including skincare products such as moisturizers and deodorants.

ALUMINUM: It's a toxic metal that can have oestrogen-like effects, disrupting the healthy functioning of the endocrine system. Found in antiperspirant deodorants

SILOXANES: Look for ingredients ending in "-siloxane" or "-methicone." Suspected endocrine disrupter and reproductive toxicant (cyclotetrasiloxane). Harmful to fish and other wildlife. Used in a variety of cosmetics to soften, smooth and moisten.

MINERAL OIL: A petroleum by-product that coats the skin like plastic, clogging its pores. This is incredibly harmful because it interferes with the skin's ability to eliminate toxins, therefore increasing the likelihood of acne and other disorders. Found in creams, lotions, ointments, and cosmetics.

DEA (diethanolamine), MEA (Monoethanolamine), and TEA (triethanolamine): Found in products that foam like facial cleansers and soaps. They are also found in eye makeup , fragrances, hair products, and sunscreens

DMDM HYDANTOIN & UREA (Imidazolidinyl): Preservatives that often release formaldehyde which may cause joint pain, skin allergies, headaches, and loss of sleep. Found in skincare products, cosmetics, shampoos and conditioners

PEG (Polyethylene glycol): Ingredient that can alter and reduce the skin's natural moisture factor. It adjusts the melting point and thickens products. Found in cleansers to dissolve oil and grease.

PHthalates: Chemicals used to increase flexibility and strength of plastics, and not often listed among the ingredients on products: Found in cosmetics such as fragrance oils and listed under the term "fragrance".

PROPYLENE GLYCOL (PG) & BUTYLENE GLYCOL: Gaseous hydrocarbons which in a liquid state act as "surfactant". They penetrate the skin quickly and can weaken the protein and cellular structure. Typically used to make extracts from herbs.

SODIUM LAURYL SULFATE (SLS) & SODIUM LAURETH SULFATE (SLES): It's a Detergent that makes products foam, lather, and bubble. Found in 90% of personal-care products that foam!

SYNTHETIC FRAGRANCES: Anything that is synthetic or artificial should always raise a red flag. These are made up of hundreds to thousands of different ingredients not listed on the label, so you can never be sure what you are actually being exposed to. Found in cosmetic and skincare products but also many household products such as candles, air fresheners, and scented trash bags.

TRICLOSAN: A synthetic antibacterial agent that may disrupt thyroid function and can degrade into a form of dioxin, a class of chemicals linked to a broad range of toxicities including cancer. Found in soaps, mouthwash, shaving cream, deodorants, toothpastes, etc.

Adapted from:

The Dirty Dozen: Top 12 Ingredients to Avoid in Your Skincare. (2020). Retrieved 8 February 2020, from <https://odacite.com/blogs/tohealthandbeauty/the-dirty-dozen-top-12-ingredients-to-avoid-in-your-skincare>