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Greenest Day 10: Body.

Experiment:

For this challenge I invited my friends and sister to bring the product that they used the most for their daily cleaning and their usual hygiene.

Then I asked them if they thought they were bad for their skin and they told me no, that it was safe to use those products.

We searched in each page for each component and the most common in all of them were those indicated below. To our surprise, some chemicals that are contained in our products that are for sensitive skin are highly harmful and toxic.

They were very surprised and outraged by the investigation and told me they would change those products that they currently use. Obviously from now on they will look at the components and the effects they really have on their skin, and on the environment.





Most usual ingredients.	Harmful?
Sodium laureth sulfate	Abrasive properties for the skin
Cocamidopropyl betaine	Harmless to the skin
Glycerin	Harmless to the skin
Dimethiconol	Compound very little biodegradable, so it leaves a lot of waste in the environment that will hardly be eliminated from our planet for a long, long time.
Parfum	Harmless to the skin
Glycol distreate	It can irritate the skin.
Carbomer	Occlusive and comedogenic effect.
Gluconolactone	prohibited due to several deaths related to brain tumor.
Cocamide mea	substance declared by the state of california how carcinogenic and prohibited in this state after study with animals
Guar hydroxypropyltrimonium chloride	Harmless to the skin
Sodium sulfate	Harmless to the skin
Styrene copolymer	User-friendly copolymer contains medical-grade mineral oil that is good against dry skin, as well as an antioxidant
Trehalose	Harmless to the skin
Mica	Harmless to the skin
Titanium dioxide	Harmless to the skin

Conclusions

- About seventy-eight percent of the products we use daily to care for our skin are made up of chemicals that are toxic and have harmful side effects such as the development of skin cancer or brain cancer.
- Products created for baby skin care contain toxic chemicals that damage your body.

Recipe for our organic shampoos.

Ingredients:

1 egg, 1 natural yogurt and the juice of 2 lemons.

Preparation:

1. Mix the egg with the yogurt.
2. Apply the mixture on hair for 10 minutes.
3. Apicla the lemon juice in the hair.



Practice



