DAY 10: BODY

GREENER

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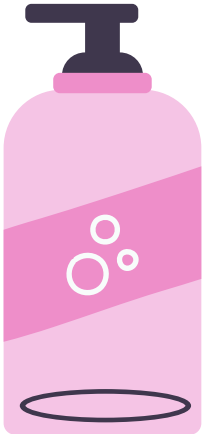
CONVENTIONAL SHAMPOO

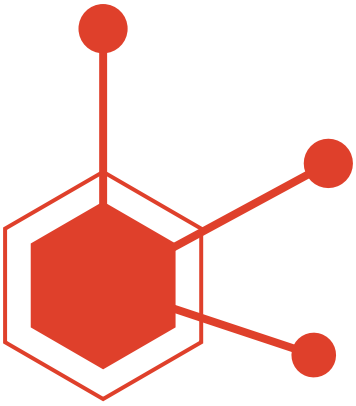
The **Pantene Essential Botanicals Moisturizing Shampoo** by the brand Pantene is an essential shampoo that I always apply when I shower. It is an extensive hair care product that cleans and moisturizes the hair and scalp. It costs $19.49.



EWG HAZARD RATING: 5/10

Highest risk substances

Fragrance
Methylisothiazolinone
Methylchloroisothiazolinone



Fragrance is listed as **8/10** on the hazard scale on EWG. It can cause,
-Endocrine system disruption
-Respiratory system inflammation
-death to aquatic life
-Exasterbation of asthma

ECO-FRIENDLY SHAMPOO

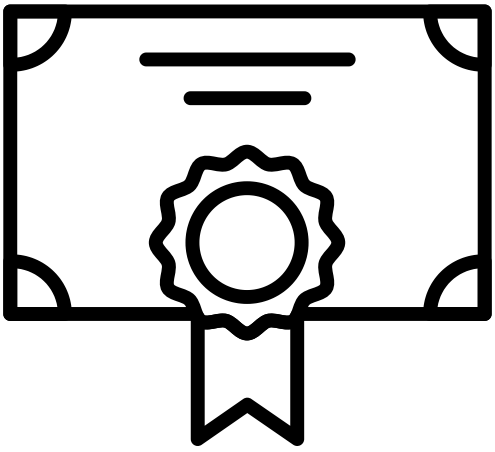
Nourish Shampoo by the brand Everyone provides the same function as the shampoo by Pantene, however it is far more eco friendly and less harmful to us, and the environment. It costs $12.99.

Hazard Rating: EWG Certified

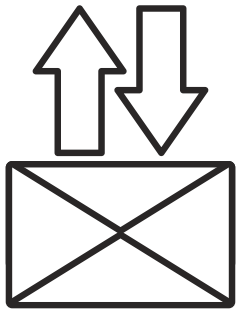
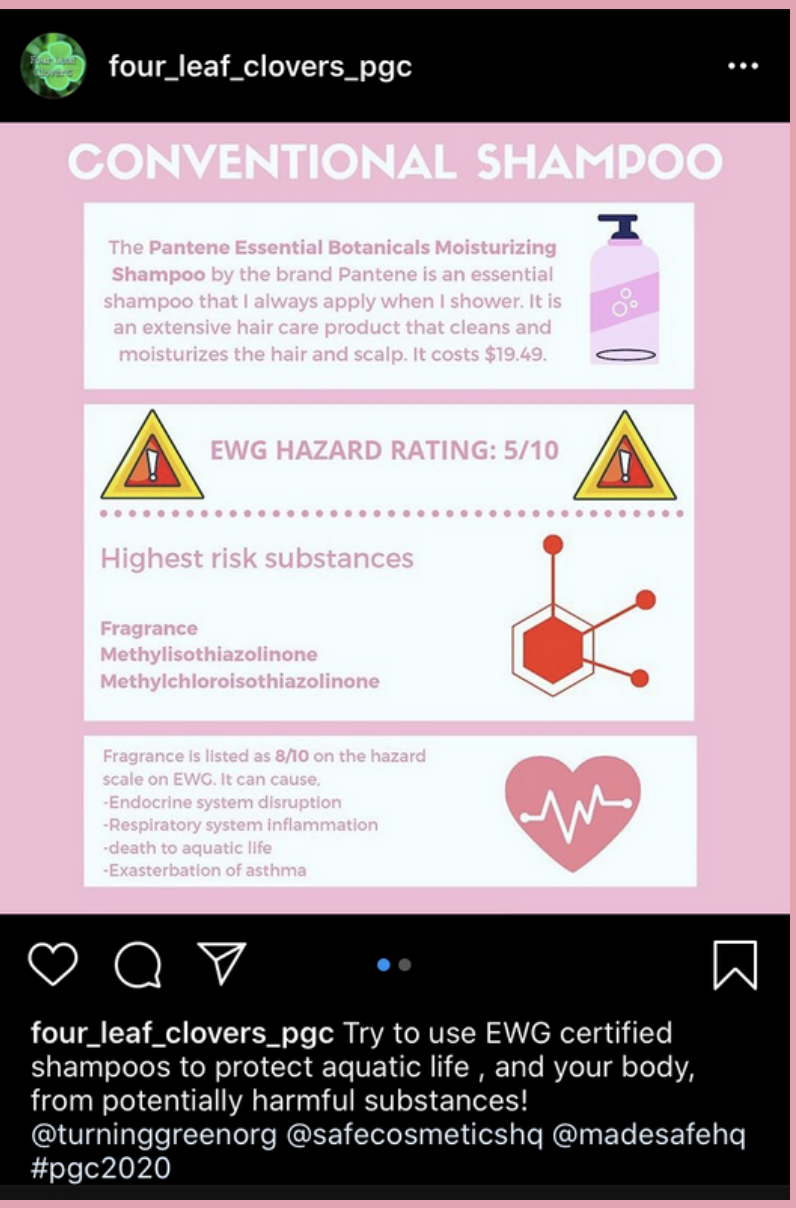
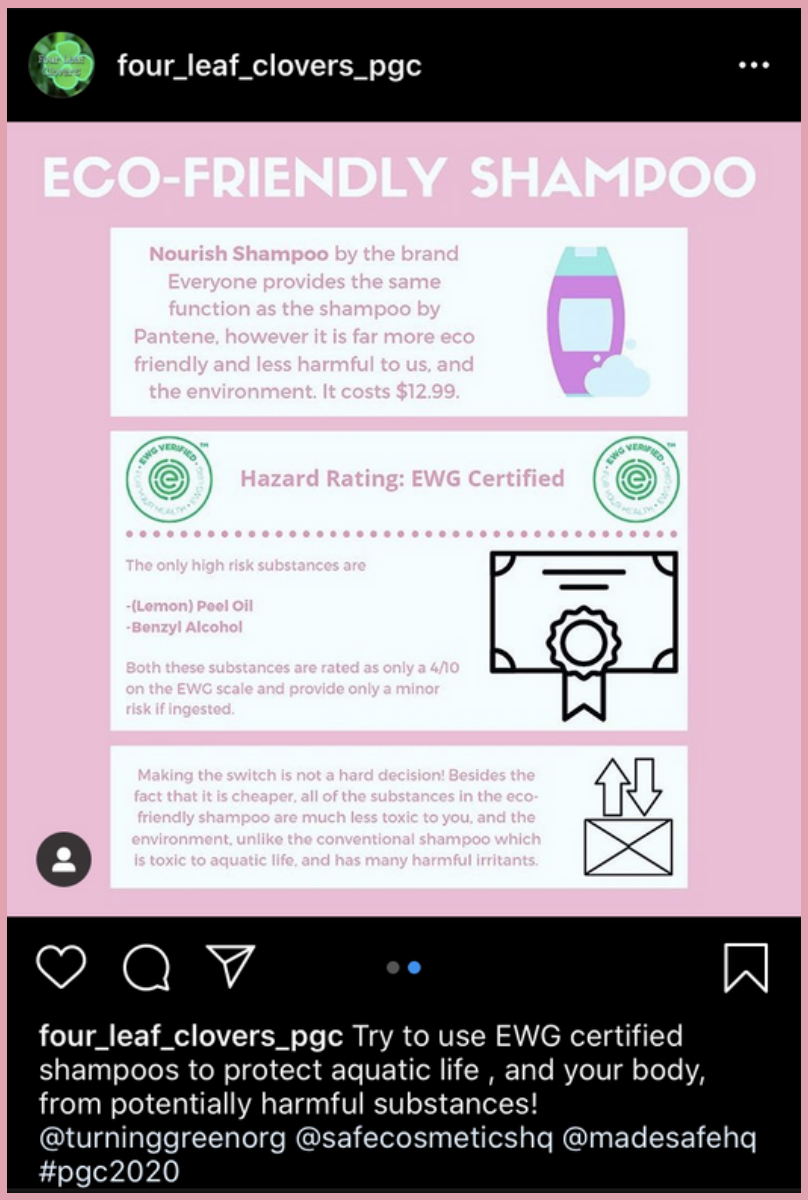
The only high risk substances are

-(Lemon) Peel Oil
-Benzyl Alcohol

Both these substances are rated as only a 4/10 on the EWG scale and provide only a minor risk if ingested.



Making the switch is not a hard decision! Besides the fact that it is cheaper, all of the substances in the eco-friendly shampoo are much less toxic to you, and the environment, unlike the conventional shampoo which is toxic to aquatic life, and has many harmful irritants.



INSTAGRAM POST