

# BODY

Day 10 - greener

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# Product I can't live without: **Burt's Bees Facial Cleanser**



Cost: \$8.69

EWG Score: 2

Potentially Harmful Ingredients:

**Phenoxyethanol (4)** - irritation (skin, eyes, or lungs), occupational hazards, non-reproductive organ system toxicity

**Benzoic Acid (3)** - moderate use restrictions, low non-reproductive organ system toxicity

**Sodium Benzoate (3)** - "

Burt's Bees uses nutrient-rich ingredients from nature and creates formulas without harmful ingredients like phthalates, parabens, petrolatum, sodium, SLS, and other potentially concerning chemicals. Their products are Leaping Bunny Certified, meaning they do not test their formulas on animals. In addition, they practice responsible sourcing habits by supporting the communities and environments where they source their ingredients. Their packaging can be recycled through curbside or TerraCycle, and they use recycled plastic (PCR) in a majority of their products. They are known to make thoughtful choices to reduce their impact on nature through land-fill free operations, being Carbon Neutral Certified, supporting honeybee health and biodiversity with over \$3.5 million in grants, and more. For these reasons, I support Burt's Bees and their products.

# Conventional



## Neutrogena Ultra Sheer dry-touch sunscreen SPF 55

Cost: \$8.99

EWG Score: 7

Most hazardous ingredient:

**Propylparaben (9)** - a preservative used in cosmetic formulation. Concerns include high endocrine disruption, developmental /reproductive toxicity, moderate allergies/immunotoxicity, and a low level of ecotoxicology.

**Conventional products** are the most affordable and common options out there on the market, but they often come at the cost of our health and safety. This seemingly normal sunscreen that many people use has an EWG rating of **7**, which is on the high hazard scale. This happens to be a common trend with other cheap, conventional products at places like Costco and Target.

You should **avoid conventional goods** because it will tell these companies that something needs to change. Choosing to start supporting companies that perform sustainable practices will help put an end to problems like environmental degradation, labor exploitation, pollution, and more. Many of these cheaply made and cheaply sold products use toxic chemicals that are not only harmful to humans, but pollute the environment when washed down the drain.

# Conscious



## ACURE SPF 30 Day Cream

Cost: \$18.99

EWG Score: 2

All ingredients score at 2 or below on the EWG findings. This product provides good UVA protection and moderate balance of UVA protection in relation to SPF. ACURE's products are 100% Vegan, paraben free, sulfate free, mineral oil free, formaldehyde free, and cruelty free.

**Conscious products** are more expensive than conventional products because they go through more steps to ensure they have a minimal impact on the environment. Lots of research goes into which ingredients can be used, how they can still be effective, and also have eco-friendly/recyclable packaging. In addition, sustainable materials and ethical labor come at a price. Clothes can be purchased at a cheap price at places like Target and Amazon because irresponsibly sourcing, exploiting laborers, and generating pollution is cheaper.

You should **pay for sustainable goods** because it will lower your environmental footprint as well as support the company and help contribute to a greater demand for the product.

# *Will I make the switch?*

Absolutely! After learning about all the toxic chemicals that go into almost all conventional products, I have no reason to continue harming my body. Although the more conscious and sustainable options are more expensive, it's cheaper than having to get cancer treated! Using all of these products with hazardous ingredients adds up, so I want to begin replacing my conventional products with ones that are more beneficial to not only my health, but the environment and workers.

The environment will thank us when we throw less toxic chemicals down the drain, stop emitting carbon from factories, and use products that actually last. Sometimes, people only use their self care products once and they just throw it away! Buying cheap products we don't love will cost us more when we go through so many different bottles and brands just because we're unwilling to pay more than \$10 for a bottle of shampoo. Conventional products have made us used to seeing shirts and products costing \$10 or less, which is why our minds make us believe a \$25 shirt is way too expensive. Products are sold little also cost little to manufacture, so they're not made to last. Buying from a company that practices conscious habits and has overall positive reviews is worth the price.

# Sources

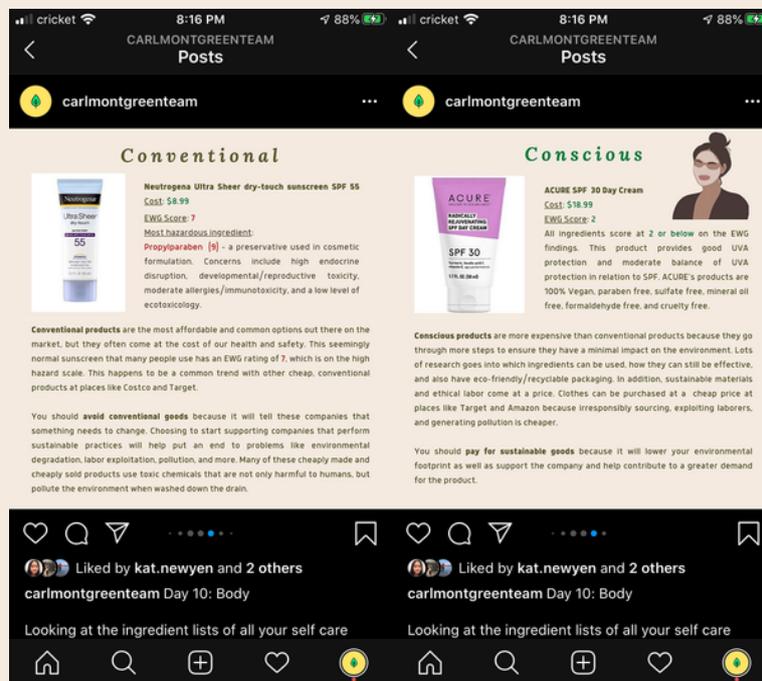
EWG's Skin Deep Database

Think Dirty App

Burt's Bees



Social Media



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Looking at the ingredient lists of all your self care products might be intimidating, but it's made simple with the help of @thinkdirty and EWG. The Think Dirty app allows you to scan your product's barcodes and learn about the ingredients, telling you which ones are the most hazardous and which ones are clean. You can also search for your products by using EWG, and it will provide you with a report of any toxic chemicals or concerning ingredients.

Now that you know how to take a closer look at ingredients lists, go ahead and see if there are any harmful chemicals in any of your own products! Even if it was labeled as "natural" or "certified green," it's possible that your product may have been greenwashed, a term to describe when companies deceive their customers into believing their products are eco-friendly when they really aren't. Can you find any better alternatives? For me, I found an alternative to Neutrogena's sunscreen, which was ACURE's SPF 30 Day Cream.

See if you can find any DIY recipes to substitute any products you use often. You can try out the DIY Coconut Toothpaste at the end of the post!