

Fenghui Xu, @archoncamp, University of Texas at Austin

My daily routine consists of:

- 1) Brushing my teeth with Colgate
- 2) Washing my face with the Youth to The People Kale + Green Tea Spinach Age Prevention Cleanser
- 3) Apply Paula's Choice BHA toner
- 4) Apply The Ordinary niacinamide serum
- 5) Apply Murad water moisturizer
- 6) Apply Murad oil control sunscreen

One skin product that I use regularly is the Youth to the People Kale + Green Tea Spinach Age Prevention Cleanser. I have a travel size bottle. The overall hazard rating is a 4, so it's moderate. There was only one ingredient that was potentially dangerous, and it was phenoxyethanol. It received a four, and that's because there are conflicting studies supporting the limited concentrated use of phenoxyethanol but others saying that it can "inhibit healthy skin microbes" when tested at the maximum concentration (credit: Think Dirty App). Out of all ingredients, I have only heard of citric acid, aloe vera lifestyle, and water. I don't think I can pronounce a lot of them, maybe like 5 or 6. There are not really environmental or health impacts of this product besides the conflicting impacts of phenoxyethanol.

A more conscious product that actually has a 0 hazard rating is Dr. Bronner's 18 in 1 Peppermint Oil Pure Castile Soap. I found it on the Think Dirty app. The ingredient list is organic peppermint oil, saponified organic coconut, citric acid, organic hemp oil, glycerin, organic jojoba oil, organic mentha arvensis, organic olive oil, vitamin e, and water. The conventional product is probably cheaper with a more broad name and description and a bunch of ambiguous ingredients, while a conscious product is more specific, descriptive, and most of the time, more expensive. The benefits of the conscious product is that I know all of the ingredients, or at least have heard of all of them, in the ingredients list. There is more transparency and natural health benefits, so nothing toxic affects us or the environment. I know what toxins are being put in (none), so none are coming out. I think I will make the switch, especially since I did win the Day 5 challenge with Dr. Bronner's being the prize. I am so excited to try it out and experience not only its consciousness but its skin and health benefits!

THE DIFFERENCES BETWEEN CONVENTIONAL AND CONSCIOUS PRODUCTS

Facts and More!

CONVENTIONAL

FACTS

1. More affordable products
2. Less eco-friendly and regulated
3. Long list of complicated ingredient names

Personal Knowledge

CONSCIOUS

FACTS

1. More costly (most of the time)
2. More eco-friendly and health-friendly
3. Easy to read and understand the ingredient terms

INGREDIENTS USUALLY INCLUDE...

Parabens, formaldehyde, propylene glycol, fragrance, etc.

<https://lookdiary.com/h/blog/natural-cosmetics-ingredients-guide/>

INGREDIENTS USUALLY INCLUDE...

Natural cold pressed oils, vegetable oils/waxes, essential oils, etc.

<https://lookdiary.com/h/blog/natural-cosmetics-ingredients-guide/>

POTENTIAL HAZARDS

Many of the ingredients used in these products are disruptive to hormones and the reproductive system, as well as having links to cancer.

<https://www.ezog.org/the-toxic-twelve-chemicals-and-contaminants-in-cosmetics>

POTENTIAL HAZARDS

These products are usually very environmentally conscious and beneficial to the health, having no potential hazards.

AVAILABILITY

They are easily accessible from drugstores like CVS to grocery stores and online!

AVAILABILITY

They are harder to find generally, especially since it is a "newer" concept. They are usually found online, some in-stores, which is why they are not used as much.

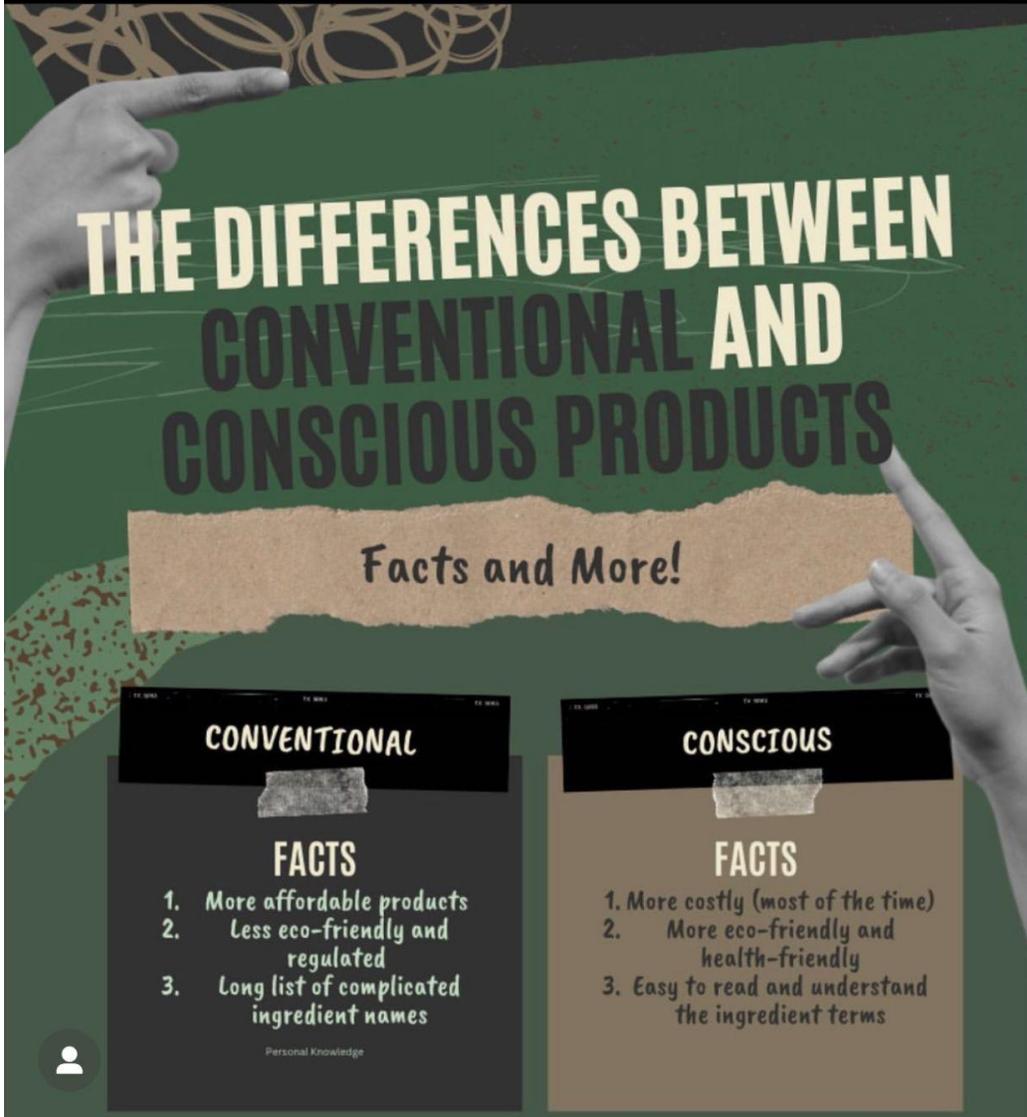
BUT IT IS IMPORTANT TO REMEMBER THAT NOT EVERYONE IS PRIVILEGED ENOUGH TO HAVE THE TIME OR MONEY OR RESOURCES TO SEARCH FOR CONSCIOUS ALTERNATIVES.

I encourage those who have all to explore other options :)

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