

Sofia Mykytenko  
The Greenest Girlies  
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All the products I use daily are listed below.

**Face:** Vanicream Gentle Facial Cleanser  
Trilogy Certified Organic Rosehip Oil  
Etude House SoonJung 2x Barrier Intensive Cream  
Laneige Lip Sleeping Mask (Berry)

**Beauty:** Dr. PawPaw Tinted Peach Pink Multipurpose Soothing Balm  
TriPeptide Plumping Lip Balm

**Body:** Kirkland Signature Liquid Body Wash  
Old Spice Gentleman's Blend Deodorant (Lavender & Mint)

**Hair:** Shea Moisture Manuka Honey & Yogurt Hydrate + Repair Shampoo  
Shea Moisture Manuka Honey & Yogurt Hydrate + Repair Conditioner  
Shea Moisture Manuka Honey & Yogurt Hydrate + Repair Multi-Action Leave-In Conditioner  
Olaplex No.7 Bonding Oil

**Laneige Lip Sleeping Mask *Berry***  
\$24

**Ingredients:** Diisostearyl Malate, Hydrogenated Polyisobutene, Phytosteryl/Isostearyl/Cetyl/Stearyl/Behenyl Dimer Dilinoleate, Hydrogenated C6-14 Olefin Polymers, Polybutene, Microcrystalline Wax, Shea Butter, Synthetic Wax, Candelilla Wax, Sucrose Tetrastearate Triacetate, Hydrogenated Butylene/Ethylene/Styrene Copolymer, Ethylene/Propylene/Styrene Copolymer, Mica, Astrocaryum murumuru Seed Butter, Titanium Dioxide, Dimethicone, Aromatics, Polyglyceryl-2 Diisostearate, Dehydroacetic Acid, Methicone, Carnauba Wax, Polyglyceryl-2 Triisostearate, CI 15985, CI 15850, Polyhydroxystearic Acid, Water, Potassium Alginate, Propanediol, Glycerin, Alcohol, Lycium Fruit Extract, Cranberry Fruit Extract, Strawberry Fruit Extract, Raspberry Fruit Extract, Sapindus mukurossi Fruit Extract, Blueberry Fruit Extract, Rubus chamaemorus Seed Extract, Coffee Extract, Chenopodium quinoa Seed Extract, Magnesium Sulfate, Calcium Chloride, Sodium Hyaluronate, Beta-Glucan, Manganese Sulfate, Zinc Sulfate, Ascorbyl Glucoside

Overall Hazard Rating: 5/10 (moderate)

6 out of 46 ingredients were found to be moderately hazardous (ratings between a 3-6)

Zinc sulfate was the most hazardous ingredient with a score of 6. Zinc sulfate has been found to bioaccumulate in organisms and could be harmful in moderate or high doses. Side effects may include nausea, stomach cramping, diarrhea, allergic reactions, and compromised copper absorption in the long term.

Overall, the Laneige Lip Sleeping Mask is moderately harmful to human health, and not harmful to the environment. This product does have a high risk for use restrictions, meaning it must be carefully used in certain ways to ensure it doesn't directly absorb into our bodies. It should not be placed directly into the

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eyes or mouth. Some of the ingredients found in this product have been associated with a low risk of cancer, neurotoxicity, developmental / reproductive toxicity, allergic reactions, and irritation. None of the ingredients in the lip mask pose any environmental concerns.

### Healthier and Eco-Conscious Alternative:

**Organic to Green Great Barrier Chap Guard Herbal Lavender**  
\$18

**Ingredients:** \*Butyrospermum Parkii (Shea) Butter, \*Olea Europaea (Olive) Fruit Oil, Beeswax/Cera Alba/Cire d'abeille, \*Cocos Nucifera (Coconut) Oil, \*Elaes Guineensis (Palm) Oil, \*Rosa Canina Fruit Oil, \*Simmondsia Chinensis (Jjoba) Seed Oil, \*Azadirachta Indica Seed Oil, Lavandula Angustifolia (Lavender) Oil, Rosmarinus Officinalis (Rosemary) Leaf Extract, Helianthus Annuus (Sunflower) Seed Oil, Tocopherol. \*Certified USDA Organic Ingredients

Benefits:

- Cheaper
- Entirely organic (ingredients are harvested with a focus on sustainable and regenerative farming practices and little to no pesticides or pollution)
- Ingredients are 100% safe for your skin and health

I may switch to the eco-conscious alternative, but I will likely start making my own lip mask once I finish using the one I already own. The most sustainable thing one can do is to reduce consumption and reuse the things they own or buy, so I wouldn't want to waste the product I already have, especially since it isn't dangerously hazardous to my health. I could then reuse the empty container when making my own lip balm. If I make my own lip balm, I can make sure to use organic ingredients that are good for my skin, reduce packaging and shipping waste, save money, and customize it to my preferences. Although Organic to Green offers an excellent alternative, I personally would love to challenge myself to be more sustainable by making my own lip balm.

