

Day 14

The Dandy Lions

40 POINTS

Instagram Link:

<https://www.instagram.com/p/DP0b0W5Dqt4/?igsh=MWYxZjh6dzlxaig1cA==>

- **Name of the personal care product that I use regularly:** Paula's Choice Skincare Perfectly Balanced Foaming Cleanser
- **Brand:** Paula's Choice
- **Type:** Facial Cleanser
- **Hazard rating:** 2
- **Most concerning ingredient:** Phenoxyethanol because it is a preservative and fragrance ingredient. This ingredient has non-reproductive organ toxicity, restrictions for use, allergies, and irritation risks associated with it.
- **Health impacts:** This cleanser has some ingredients that contain hazards or potential for irritation. The surfactants, such as Sodium Lauroamphoacetate, Phenoxyethanol, Hexylene Glycol, Disodium EDTA, Sodium Cocoyl Isethionate can lead to irritation to the lungs, eyes, or even the skin. Phenoxyethanol can also cause non-reproductive organ toxicity. Some users often experience redness, burning, and stings, especially those with sensitive skin.
- **Environmental impacts:** The environmental impact of Paula's Choice Perfectly Balanced Foaming Cleanser comes mainly from ingredients like phenoxyethanol, disodium EDTA, and synthetic polymers such as acrylates copolymer. These substances can enter waterways after rinsing and may be toxic to aquatic life or slow to break down, leading to long-term pollution. Disodium EDTA can bind with heavy metals and change how they behave in the environment. Synthetic polymers may persist in water and soil, affecting ecosystems and wastewater treatment. Although the risk from a single use is low, regular widespread use can contribute to environmental stress over time.
- **Name of the safer alternative I found:** Just the Goods lightly foaming + exfoliating vegan face wash for oily/combo skin
- **Brand:** Just the Goods
- **Ingredients:** Citric Acid, Citrus Paradisi Oil, Glycerin, Jojoba Esters, Kaolin, Linalool, Melaleuca Alternifolia Leaf Oil, Potassium Citrate, Potassium Cocoylate, Potassium Oleate, and Rosmarinus Officinalis Leaf Oil

- **Source:** EWG's Skin Deep database
- **Cost:** \$3.00
- **To what extent is this product safer than the Paula's Choice facial cleanser?**
 - The Just the Goods face wash is safer than the Paula's Choice cleanser because it is EWG Verified, meaning it meets strict safety standards, uses transparent ingredients, and contains nothing from EWG's list of harmful substances. It also has no concerns for contamination or environmental harm. While Paula's Choice is still considered low hazard, it has a score of 2, the highest within the low-risk range, and includes ingredients with moderate health and environmental concerns. Overall, Just the Goods offers a cleaner and safer choice.
- **What surprised you the most while doing this challenge?**
 - I was surprised to find out that some popular skincare products I trusted aren't as clean or eco-friendly as I believed. It was interesting to learn that even products labeled as gentle or natural can contain ingredients that aren't great for your skin or the environment. On the other hand, discovering brands like Just the Goods, which focus on really clean and safe ingredients, was refreshing. It really showed me that it's important to look closely at what's inside your products instead of just going by the marketing

Caption: Choosing the perfect facial cleanser can feel overwhelming, how do you find one that's both effective and gentle on your skin and the planet? Let's break down two popular options and see how they stack up! Both cleansers above work well, but they take different paths when it comes to safety and ingredients. Have you ever thought about what goes into your skincare? Paula's Choice offers a trusted formula packed with powerful ingredients, though some may cause mild irritation or have environmental effects. Meanwhile, Just the Goods is EWG Verified, which means it meets some of the strictest standards for clean and transparent ingredients. Knowing what's inside your products can help you make the best choice for your skin and your values. What would you pick?

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