

# Beauty products

Beauty products are:

- creams,
- soaps,
- shampoos,
- nail polish,
- deodorants,
- mascaras,
- ...



They are also called cosmetics.

Beauty products  
often contain chemicals.

These chemicals pass through the skin  
and sometimes get into your blood.

This is dangerous for your health.



It is dangerous because:

- it can cause cancer,
- it is bad if you want to have a baby,
- sometimes, the chemicals are endocrine disruptors.



## What is an endocrine disruptor?

An endocrine disruptor is a chemical that changes our body's hormones.

Hormones are present in our bodies and do several things.

- our weight,
- our mood,
- our body temperature,
- ...



Endocrine disruptors are bad for people's health, especially for pregnant women and children.

Here are some examples of chemicals in beauty products:



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### Aluminium salts

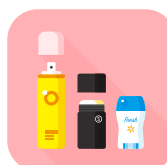
This chemical is found in deodorants.

Some scientists believe it is dangerous.

There may also be a link with Alzheimer's disease.

This is a brain disease.

But there is not enough evidence for it yet.



## Formaldehydes

It is forbidden to use them in beauty products.



## Parabens

Parabens may also be an endocrine disruptor.

They may cause breast cancer or make it difficult for men to have children.

## Phthalates

Some phthalates are endocrine disruptors.

They are bad when you want to have a baby.

For pregnant women, these chemicals get into the fluid that contains the baby.



## You must be careful when using beauty products!

Here are a few tips:

- Do not use too many beauty products.
- Use eco-friendly products.

These are products that are good for nature and the environment.



- Do not use products that contain many chemicals

You can look at the label on the product to find out what is in it.



- Do not use nail polish too often.

When you use nail polish, make sure you open the windows.



- When you are pregnant,  
you should use even fewer beauty products.



The same goes for babies and children that are 1 or 2 years old.



You should use an organic sun cream with mineral filters.

This is written on the packaging.

You need to use a special sun cream:

You need to use a special sun cream:

- For pregnant women
- For children up to the age of 10.



- You should use solid soaps.

These soaps do not leave anything on the skin.



- You should use aluminium-free  
and fragrance-free deodorants.



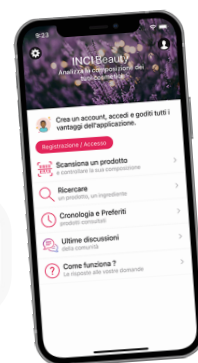
Especially if you have a wound under your arm or have just removed your hairs.

- It is also a good idea to change products from time to time. That way, you are not always using the same chemicals. You should be especially careful about the products you put on and do not rinse off.



For example:

- creams,
  - make-up,
  - and deodorant.
- To help you, you can use the app called INCI Beauty. It is an app for finding out what is in beauty products.



For more information,

Look on the website: <https://docteurcoquelicot.com>.

