14 WAYS to reduce your exposure to toxins in personal care products

1. Read the ingredients
   Simple enough yet an important reminder.

2. Try natural fragrances
   Synthetic fragrances contain man-made chemicals which can be respiratory irritants, carcinogens and endocrine disruptors (which can mimic hormones in your body and cause many issues.)

3. Avoid the Toxic Trio
   The trio includes formaldehyde (a carcinogen), dibutyl phthalate (causes reproductive issues) and toluene (can cause birth defects and developmental issues in children.)

4. Make your own products
   There are many sites online that are dedicated to those interested in making their own products. Including WellnessMama.com, DIYNatural.com, and bwwla.org

5. Use HEAT
   If straight hair is what you want try using a flat iron instead of a chemical process.

6. Try natural hair styles
   Hairstyles that require minimum chemical treatments for texturizing. Many websites have tutorials that teach natural styling techniques.

7. Look for raw/natural
   When shopping try to find products that have “raw” “natural” or “unprocessed” on the label.

8. Shop the farmers market
   and local small business for your personal and hair care products

9. Time
   Stretch out the time between chemical treatments for your hair.

10. Open a window or two
    Whether at home or in the salon ventilation is important. Hair dyes, nail polishes, and other products with strong fumes need a way to get out.

11. Visit a toxic free salon
    Many salons now are switching to eco-friendly, healthier and natural products.

12. Talk Back
    Let stores and manufacturers know you are seeking safe, toxic free products.

13. EPA
    Let them know you care and are holding them responsible.

14. Reach Out
    to your local and state legislator and let them know that toxic chemicals do not belong in our products.

bwwla.org | www.hellobeautiful.com