

Is Your Bathroom Safe?

Does your bathroom contain potentially toxic, harmful, poisonous and even carcinogenic cancer causing ingredients? Here are just a few you should be avoiding.

They may be in your toothpaste, shampoo, cosmetics and other personal and household cleaning products.

Sodium Lauryl Sulphate (SLS) A harsh industrial detergent used in engine degreasers. Known as a common skin irritant it is absorbed and retained in the body. It could delay healing, cause eye damage and interfere with the development of children's eyes.

Sodium Laureth Sulphate (SLES) Another form of SLS. Both SLS and SLES may cause potentially carcinogenic formations of nitrates and dioxins by reacting with other product ingredients.

Diethanolamine (DEA) Potentially carcinogenic irritant to the skin and mucous membranes, a solvent, emulsifier and detergent. Other forms to avoid are **TEA and MEA**.

Propylene Glycol Found in brake and hydraulic fluid, antifreeze and skin and hair care products. This is a skin irritant that can cause liver abnormalities and kidney damage.

Aluminium This has been linked to Alzheimer's Disease.

Mineral Oil This is a petroleum product. Used to lock in moisture but it traps toxins and waste and blocks skin respiration.

Talc Inhaling talc may be harmful as it is a potential carcinogen.

Formaldehyde This is a toxic gas that is a irritant and a carcinogen. It is found in many cosmetic products.

Lanolin A fatty substance from wool is a common skin sensitizer and causes allergic contact skin rashes.

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