

How to Read a Label

Claim on label

Technically, this is a true claim, but it's misleading because it implies that these are the only ingredients.

Butylene Glycol

Petroleum derived synthetic conditioning agent, humectant. It can cause skin irritation and dermatitis. Note that there is a plant-based version of BG, but if it shows up on an ingredient declaration with other controversial ingredients, it's unlikely that the natural version is being used.



Polyethylene

Microbeads (sometimes listed as polypropylene) are tiny plastic balls used for exfoliation. They have been found floating in oceans and freshwater systems, threatening fish and wildlife populations. Natural alternatives include jojoba beads, rice or bamboo powder, oat kernel flour, cornmeal, and plant seeds.

BHT (butylated hydroxytoluene)

Found in personal care and processed foods, BHT is a synthetic antioxidant derived from petroleum/natural gas feedstocks. Although a relatively low amount is absorbed, a 2002 study in the International Journal of Toxicology reveals that it does penetrate the skin. It has also been found to mimic estrogen.



Rosemary Mint Body Scrub

This gentle exfoliating blend contains sugar cane extract for smoothing out uneven, rough skin plus sweet almond oil for intense moisturization.

Ingredients: Water (Aqua), Glycerin, Butylene Glycol, Parfum (Fragrance), Phenoxyethanol, Prunus Amygdalus Dulcis (Sweet Almond) Oil, Polyethylene, Tocopherol, BHT, Saccharum Officinatum (Sugar Cane) Extract (and) Water (and) Citric Acid, Rosmarinus Officinalis (Rosemary) Extract, Mentha Piperita (Peppermint) Leaf Extract, Blue 1/CI 42090, Green 6/CI 59845

Fragrance

This could be a blend of essential oils or synthetic fragrance. (If synthetic, it may contain phthalates, which are linked to infertility and cancer.) The INCI name does not distinguish between the two. However, most truly natural personal care companies will clarify essential oil blends on their labeling.



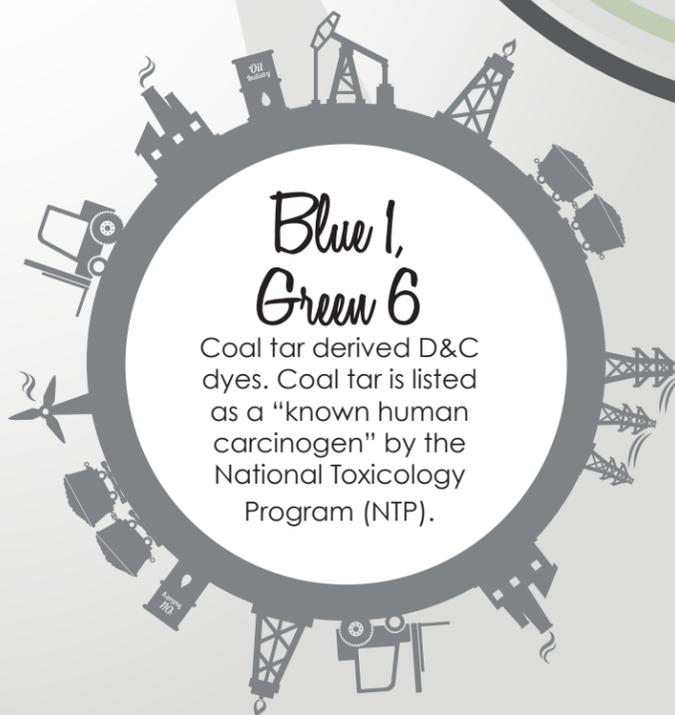
Phenoxyethanol

Often described as a "naturally derived" preservative or described in ingredient declarations as "derived from sage oil" or "derived from plant sources," phenoxyethanol is accepted by some third-party natural certifiers (e.g., NPA) as an allowable synthetic, however, not without controversy.

Phenoxyethanol is an ethoxylated compound, meaning that it is processed with ethylene oxide (a petrochemical). This process poses a risk that the end ingredient (phenoxyethanol in this case) may be contaminated with 1,4-dioxane, a probable human carcinogen according to the EPA.

Blue 1, Green 6

Coal tar derived D&C dyes. Coal tar is listed as a "known human carcinogen" by the National Toxicology Program (NTP).



green spa
network™
Vital People. Vital Planet.

universal
companies®
YOUR ONE SOURCE SPA SOLUTION™

organic spa
MAGAZINE