metic products. According to this directive, all it has been tested for hormonal effects. ngredients must be labelled on the product For some substances (ECHA Candidate List of substances of very high concern), there is an obligation to provide information within 45 days. By asking critical questions, you can also

> WECF is committed to pollutant free products in politics and in production. Support us with

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Would you like to know more?

www.projectnesting.org, https://www.wen. org.uk/our-work/greenbaby/

Get in touch with us

Women Engage for a Common Future, WECF e.V.

St.-Jakobs-Platz 10, D-80331 Munich wecf@wecf.org/de, info@nestbau.org www.wecf.org

How can this guide help?

www.nestbau.info

Your right to information General Tips

- Good hygiene (mild soap, water, shaving) helps to reduce the use of deodorants or perfumes.
- If you suffer from allergies, avoid allergy triggers such as fragrances or certain preservatives. Pay attention to the information on the packaging
- Avoid permanent hair dyes; read the test results from consumer organisations.
- Avoid "antibacterial" products (wet wipes, cleaning agents, fabric softeners or wipes for textile or surface cleaning). They affect the skin's PH balance and can lead to the development of bacterial resistance.
- If you are pregnant, take a close look at your cosmetics and avoid products with harmful ingredients (table). Certified natural cosmetics are the better alternative.
- Another tip: to ensure a healthy indoor air quality, ventilate the rooms and avoid scented candles and room sprays as they pollute the air.
- Look for the following labels:

















Compare the information on the product with the hazardous ingredients listed in the table.

hampoos, bath additives

Further links:

www.projectnesting.org https://www.wen.org.uk/ our-work/greenbaby/ www.oekotest.de (German) www.ecolabel.com/en/ www.test.de (German)

ToxFox, CodeCheck, Yuk

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Possible health risks Hazardous chemicals (INCI*) *International Nomenclature of Cosmetic Ingredients Aromatic amines in hair dves: P-phenylenediamine. Allergens, some are carcinogenic P-toluene diamine, etc. Biocides: Formaldehydes and formaldehyde releasers Carcinogenic, mutagenic, disrupt reproductive function, (e.g. benzylhemiformal, 2-bromo-2-nitropropane-1,3irritate mucous membranes and skin, alleraenic diol, 5-bromo-5-nitro-1,3-dioxane, diazolidinyl urea, imidazolidinyl urea, quaternium-15, DMDM hydantoin) Preservatives: Isothiazolinones Allergenic Preservatives: Parabens (methylparaben, Oestrogenic effect, disrupts the hormone system, **Preservative:** Phenoxyethanol Irritant after prolonged contact, neurotoxic, allergy risk Preservative: Triclosan

Can trigger allergies and promote antibiotic resistance **Light stabilisers:** Benzophenone-3(oxybenzone), Disrupt the endocrine system, benzophenone-1 & 4, homosalate (HMS), 4-methyl-Accumulate in living organisms (e.g. breast milk) and benzylidene camphor (4 MBC), 3-benzylidene camphor in the environment. (3 BC), octyl methoxycinnamate (OMC), octyl-dimethyl Can trigger photoallergic reactions Neurotoxic (Pb. Al), alleraens (Ni), irritants (Al)

Mineral oils: Paraffinum liquidum, Petrolatum, Cannot be metabolised by the organism Ceresine wax, Vaseline

Perfume, fragrance: fragrances, musk compounds Risk of allergies, accumulate in the environment and hreast milk

Surfactants: Sodium lauryl sulphate (SLS), Irritants and degrease the skin cocamidopropylamine oxide

Sunscreen filters: Titanium dioxide, zinc oxide or methylene bis-benzotriazolyl (nano), sodium lauryl sulphate

Metals: traces of lead, aluminium, nickel

PABA (OD-PABA)

Emollient: Cyclopentasiloxane, Cyclomethicone,

the organism, health risks cannot be assessed Suspected hormonal effect, toxic by inhalation, interfere with fertility

Indications of toxic effects in the cells, accumulate in

Protect health – avoid toxic chemicals

WECF Guide Updated edition





Shampoos

Active washing substances such as surfactants and foaming bases (sodium laury) sulphate, etc.) can dry out the skin when bathing and showering. Critical chemicals in shampoos and shower gels also include certain preservatives and fragrances that are allergenic, hormonally active or carcinogenic. Microplastic beads used as exfoliators should be avoided as they harm the environment.



- Choose organic vegetablebased soap bars.
- Sodium lauryl sulphate and cocamidopropylamine oxide are particularly
- Avoid products with questionable preservatives such as parabens or formaldehyde releasers.
- If possible, buy products without harmful fragrances such as oakmoss, tree moss, isoeugenol and cinnamal. Note that, regrettably, not all of these are listed on the label and can be hard to avoid.
- Think about natural exfoliants (salt. sugar and almond powder for the face).

- natural pigments; pay attention to possible allergens.
- If you use nail polish, ensure it is "eco". Ventilate well before and after nails are also beautiful.
- Are you pregnant? Avoid artificial fingernails and hair colouring.

Make-up, nail care and hair products

Make-up products are a common source of exposure to dyes, metals (lead, aluminium), preservatives, fragrances, etc. Nail polishes can release formaldehyde, which is carcinogenic and irritates the respiratory tract. Nail polish removers should be acetone-free. Colourants in hair dyes are regularly identified as allergens and can be carcinogenic or hormonally active (e.g. resorcinol). Never use chemical lye-based hair

straighteners. They can

formaldehyde and other

contain cancerogenic

toxic chemicals.

Tips

- Choose make-up products with
- application. Well-groomed, unpainted

Tips

• Opt for plant-based care products, e.g., as possible.

Lotions, creams & oils

aromatic hydrocarbons). Allergy-causing

fragrances are problematic. Preservatives

such as parabens can have a hormonal effect.

Many day creams are also designed to protect

against UV damage. Some UV filters can accu-

mulate in the body and disrupt the hormone

system (see notes on sun cream).

Synthetic mineral oils

are often found in skin-

care products. They can

accumulate in the body

and contain carcinogenic

compounds (polycyclic

- Avoid products with synthetic paraffin, petrolatum, paraffinum liquidum or
- People with contact allergies and

Tips

- Avoid products with harmful UV filters
- Sun creams and gels that are free from are the best, preferably with mineral
- No/little sun exposure during the hottest hours; shade, light clothing, hat and sunglasses are the best sun protection

Sun creams & sunblock

Chemical filters and mineral pigments in sun creams and sun blockers protect against UV rays from the sun, which can promote skin cancer. Some chemical filters, such as benzophenone-3 (oxybenzone), can disrupt the hormone system and accumulate in the body. Mineral protective filters such as titanium oxide and zinc oxide as nanoparticles leave no white marks on the skin but are suspected of being harmful to health.

Toothpaste & mouthwash

Foaming agents, surfactants (sodium laury) sulphate, PEG and derivatives), preservatives, and sometimes antibacterial agents are often found in toothpaste. Some of these can attack the oral mucosa, leading to absorption twice as much as the skin.

Tips

- Avoid preservatives such as chlorhexidine digluconate or cetylpyridinium chloride; they can disrupt the hormone system. If used continuously, they can cause tooth discolouration and a change in taste and have an irritating effect.
- Avoid products containing triclosan at all costs! It can irritate mucous membranes, cause allergies, is linked to cancer, and disrupt the endocrine system. Look out for certified eco-labels. PPPPPP

Tips

- Use mild deodorants without alcohol. aluminium and allergenic fragrances.
- Ask whether phthalates have been used *in the deodorants or perfumes.*
- Use perfume "sparingly". Strong perfume is a health hazard and an air pollutant and can cause headaches or circulation problems in sensitive people.
- Alternative: Apply body oil or milk with a pinch of bicarbonate.

Deodorants & Perfumes

Deodorants use preservatives such as alcohol or formaldehyde releaser and alcohol to combat bacteria that cause odours when sweating. Alcohol can dry out the skin and have an irritating effect. Some fragrances are allergenic. In deodorants and perfumes, hormonally active phthalates can be used as denaturants, which are rarely declared. Even if the connection between the use of aluminium salts and breast cancer has not been accepted, you should be cautious.

Protect health — avoid toxic chemicals

What is the problem? Many body care products contain ingredients

that have an irritating or allergenic effect or are suspected of affecting hormone balance and being carcinogenic. The intensive contact of skin and mucous membranes with the ingredients, e.g. when bathing or applying cream, helps them enter the body. Even if the ingredients of the cosmetics are listed on the packaging, safe products are not immediatel recognisable. The ingredients are printed in to laypeople. Nevertheless, check carefully. Women generally use more skincare products and are, therefore, more exposed to harmful substances. During pregnancy and breastfeeding, harmful substances pass from the mother to the child, which can also affect the child's health later in life.

Allergies caused by cosmetic ingredients?

Redness, blisters and itching can be signs of an allergic reaction to ingredients. Contact

allergies cannot be cured. Specialised dermatologists will diagnose substances you are allergic to and enter them in an allergy passport. Only use cosmetics that are free from these allergy substances.

Allergies caused by fragrances?

Fragrances are the second most common allergy trigger after nickel and can be found ¹ in almost all cosmetics (including cleaning allergenic fragrances must be labelled on the packaging - without the words "allergenic": Amyl Cinnamal, Amylcinnamyl Alcohol, Alpha Isomethyl ionone, Anise Alcohol, Benzyl Alcohol, Benzyl Benzoate, Benzyl Cinnamate, Benzyl Salicylate, Cinnamal, Cinnamyl Alcohol, Citral, Citronellol, Coumarin, Eugenol, Evernia Furacea Extract (Tree Moss Extract). Evernia Prunastri Extract (Oak Moss Extract). Farnesol, Geraniol, Hexyl Cinnamal, Hydroxycitronella, Isoeugenol, d-Limonene, Linalool and Methyl-2-Octynoate.