

## How Green Is Your Beauty Regimen?

(NAPSA)—Although shoppers are more aware of which foods and supplements contain natural ingredients, they may not read labels quite as carefully when it comes to choosing personal care products.

In a recent assessment of ingredients in 15,000 selected cosmetics and personal care products, the Environmental Working Group, a nonprofit focused on threats to public health and the environment, found that 22 percent of all conventional products may be contaminated with harmful ingredients. That's 3,300 commonly purchased items.

According to Natural Solutions magazine and the retailer Whole Foods, five of the top toxic ingredients most commonly found in personal care products are parabens, polyethylene glycol (PEG), petrochemicals, sulfates and synthetic fragrances.

Side effects caused by these chemicals may include hormone disruption, pore clogging, skin rashes, eye irritation or damage to the reproductive system.

Many times a product may be marketed as "natural" on the front label, but this can be misleading. That's why it's important to also read the list of ingredients.

An example of a safe personal care alternative is Glimpse™ Intuitive Skin Care by XanGo. The product is made from select botanical ingredients that are free from harmful ingredients.

The cold process used to create this product preserves the mangosteen fruit and other active ingredients, optimizing the antioxidant power while minimizing the carbon footprint of the manufacturing process.

The Compact for Safe Cosmetics, a national coalition striving to



**Recent market research shows that 64 percent of women are choosing natural over conventional beauty products.**

phase out the use of chemicals in health care products, now sets the standard in the personal care products industry. Members of the Compact pledge that their products meet European Union (EU) formulation standards, which are much stricter than U.S. regulations concerning the use of chemicals in health care products.

XanGo has signed the Compact as all their products are free of harsh chemicals. You can also find the company listed among phthalates-free cosmetic organizations on ThinkBeforeYouPink.org. The Web site is a project of Breast Cancer Action that encourages the use of products free of chemicals known or strongly suspected of causing adverse health conditions. In addition, Glimpse Skin Care carries the Natural Products Association seal of approval on its packaging.

To learn more, visit [www.glimpseskinincare.com](http://www.glimpseskinincare.com).