

Toxic Beauty Documentary

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BUF 4700 – Contemporary Issues in the Fashion Industry

### Toxic Beauty Documentary

The Toxic Beauty documentary is a documentary that follows the lawsuit against Johnson & Johnson. It includes the personal stories of women who were affected by the use of J&J's baby powder product. Also follows scientists, advocates, lawyers and many more who are trying to help these women and bring awareness to the use of products that contain harmful ingredients. It also displays a medical student and her "chemical body burden from over 27 products" (DeFino 2020). This documentary on toxic beauty raises this concern or question about skincare or hair care product ingredients being used in the beauty industry, and how it's being compared to cigarettes. It is being compared to the cigarette industry because there are people, who are denying the risks of the industry, such as Johnson & Johnson with the use of Talc being used in their baby powder.

### Beauty Products

The beauty products that were mentioned in the film were J&J's baby powder, general products used were shampoo, lipsticks, deodorant, skin cream, nail products, toothpaste, soap, fragrance, skin lighteners, and essential oils such as lavender. I used to use baby powder and had stopped once the lawsuit occurred, and J&J was all over the news. The other products I use on a regular basis. The only products I look at the labels for are hair care and skin care, such as shampoo, conditioner, leave ins, hair masks etc., products without certain oils, parabens, sulfates, and that are Malassezia free. I was aware of certain ingredients in products but not all of them. The ingredients I was aware of are alcohol, formaldehyde, acetone, sulfate, silicones, and parabens. I did not know the effects of the products in the film until they were explained. According to the Toxic Beauty film, products that contain formaldehyde, are endocrine disruptors and can cause hormone disruption, reproductive issues, cancer or tumors, allergies

and/or even depression. This film has exposed me to knowledge I was not aware of prior. Moving forward, I will start looking at the ingredients used in products I was not looking at before. I am unsure of the effects it has already been taken within my body, but I do not want to progress the use of these products to continue affecting my cells.

The United States is different from European countries when it comes to beauty product ingredients because certain products used in the USA are banned in Europe and Canada. Companies or corporations here in the USA have too much reign and try to get over government legislations, such as J&J trying to stop the FDA from adding regulations in 1994 according to the Toxic Beauty film. The FDA was taking actions that required cosmetic talcum powder products to bear labels with a warning about their use. J&J till this day denies the allegations of the use of talcum powder in their baby powder causing ovarian cancer, although there are records of their knowledge and scientific evidence proving otherwise.

**Donna Karan Cashmere Mist**

After watching the film, I grabbed my Donna Karan Cashmere Mist deodorant. I recently repurchased the original deodorant with alcohol and aluminum, and purchased the new version that came out that is aluminum free and alcohol free. I use this product regularly, so I got curious. I realized they both still contain fragrance which could be anything. Moving forward, I'll start looking at the back of products and start using a few more natural products rather than synthetics.

DK w/ Alcohol & Aluminum	DK w/o Alcohol & Aluminum
Aluminum Zirconium Tetrachlorohydrate Gly 15.4% Cyclopentasiloxane, Stearyl Alcohol, Hydrogenated Castor Oil, Ppg-14 Butyl Ether, Dimethicone, Talc, Cashmere Mist Fragrance, Silica, Peg-8 Distearate, Allantoin,	Ethylhexyl Palmitate, Zea Mays (Corn) Starch, Magnesium Hydroxide, Synthetic Wax, Silica, Cocos Nucifera (Coconut) Oil, Fragrance (Parfum), Alpha-Isomethyl Ionone, Coumarin, Hexyl Cinnamal, Hydroxycitronellal, Linalool, Citronellol,

DK w/ Alcohol & Aluminum	DK w/o Alcohol & Aluminum
Maltodextrin, Corn Starch Modified, Hexyl Cinnamal, Hydroxycitronellal, Linalool, Citronellol, Alpha-Isomethyl Ionone, Benzyl Benzoate, Coumarin, Geraniol, Isoeugenol, Eugenol, Bht.	Benzyl Benzoate, Geraniol, Isoeugenol, Eugenol, Pentaerythrityl Tetra-Di-T-Butyl Hydroxyhydrocinnamate.

I believe this film is very effective in creating awareness to anyone who watches it or comes across it because you do not have to have knowledge about certain ingredients, the film does a great job at explaining what ingredients are the most harmful and what they can cause. I truly enjoyed the film and how it talked about all walks or aspects of life, such as effects in children, reproduction, showing live studies and what I remember most from watching the film is how companies will substitute products that people are raising concerns about for other ingredients that could be potentially even more harmful. In Toxic Beauty it was said products that contained parabens were substituted by other preservatives such as methylchloroisothiazolinone, which is proven to be toxic. I think it is important to change the products being used in the industry to protect our future generations and our current lives now.

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## References

DeFino, J. (2020, January 29). The new 'toxic beauty' documentary asks: Are skin-care products the new cigarettes? Retrieved May 1, 2023, from <https://www.vogue.com/article/toxic-beauty-documentary>

Ellis, P. (Director). (2020). *Toxic Beauty* [Video file]. In *Amazon*. Retrieved May 1, 2023, from [https://www.amazon.com/gp/video/detail/B0846VMCF3/ref=atv\\_hm\\_vid\\_c\\_vJb2Rv\\_1\\_1](https://www.amazon.com/gp/video/detail/B0846VMCF3/ref=atv_hm_vid_c_vJb2Rv_1_1)