

Lizeth Pilamunga
Dr. Sutton
BUF 4700
5/1/23

TOXIC BEAUTY



Toxic Beauty is a documentary film that sheds light on the potentially harmful ingredients found in many beauty products.. The documentary uncovers how cosmetic corporations put profit before customer safety, and how the beauty industry's lack of regulation permits harmful chemicals to be utilized in products that people use every day.The documentary "Toxic Beauty" investigates the hidden hazards of beauty products, including the usage of toxic chemicals and pollutants that can cause major health issues. The video emphasizes how the cosmetics business is inadequately regulated, and how corporations frequently employ inexpensive and risky substances that have not been vetted for safety.

One of the main points raised in the film is that many beauty products contain endocrine-disrupting chemicals (EDCs) such as phthalates, parabens, and triclosan. These chemicals can interfere with the body's hormonal system, leading to a wide range of health problems, including reproductive issues, cancer, and developmental problems in children (Ellis,2019).

The film contains a lot of disturbing data and tales regarding the detrimental impacts of cosmetics. It examines how specific chemicals contained in cosmetics, for example, have been related to cancer, hormone disruption, and other health issues. The film also emphasizes

how many of these substances have been prohibited in other nations but are still permitted in the United States (Ellis,2019).

The documentary film "Toxic Beauty" highlights the potential harm caused by various chemicals and toxins used in beauty products, including cosmetics and personal care items.

Some of the specific beauty products and brands mentioned in the film include:

Johnson & Johnson baby powder containing talc has been linked to ovarian cancer and mesothelioma.

Hair straightening products contain formaldehyde, which can cause hair loss, nosebleeds, and respiratory problems.

Nail polish containing formaldehyde, toluene, and dibutyl phthalate (DBP) is associated with cancer and reproductive issues.

Lipstick containing lead, which can cause neurological damage and developmental delays.

Skin lightening creams contain mercury, which can cause mercury poisoning(Ellis,2019).

In my opinion, the issues raised in the film are very concerning. It is alarming to think that many of the beauty products we use every day may contain harmful chemicals that could have serious health consequences. I believe that consumers have the right to know what is in the products they are using and that the beauty industry needs to be better regulated to protect public health.

The film features interviews with industry insiders, scientists, and consumers who have suffered health problems related to the use of cosmetics. It highlights the lack of regulation in the beauty industry and the need for consumers to be more aware of the potential risks associated with certain ingredients.

The film mentions several beauty products that contain harmful ingredients, such as hair dyes, nail polishes, and even baby products. While I do not use any of the specific products mentioned in the film, I was surprised to learn about the potential risks associated with commonly used ingredients like parabens and phthalates(Ellis,2019).

While I use beauty products myself such as CeraVe Facila Moisturizing Lotion that has ingredients as Aqua/Water/Eau, Glycerin, Caprylic/Capric Triglyceride, Niacinamide, Cetearyl Alcohol, Potassium Phosphate, Ceramide Np, Ceramide Ap, Ceramide Eop, Carbomer, Dimethicone, Cetearth-20, Behentrimonium Methosulfate, Sodium Lauroyl Lactylate, Sodium Hyaluronate, Cholesterol, Phenoxyethanol, Disodium EDTA, Dipotassium Phosphate, Caprylyl Glycol, Phytosphingosine, Xanthan Gum, Polyglyceryl-3 Diisostearate, Ethylhexylglycerin. Most skin types can use CeraVe Moisturizing Cream, since this formula is fragrance-free, allergy-tested, and non-comedogenic (meaning it won't clog your pores). It's also been developed with dermatologists and is accepted by the National Eczema Association(CeraVe, 2022).

I would encourage people to read the labels and research the ingredients in the products they use. It is important to be informed and make choices that prioritize health and

safety. If people are concerned about the harmful chemicals in their beauty products, they may consider switching to natural or organic alternatives.

In terms of the film's effectiveness, I believe it raises important issues and brings attention to the need for better regulation of the beauty industry. However, some viewers may find the film overly dramatic or alarmist. Nonetheless, I believe the film is a valuable contribution to the ongoing discussion about the safety of beauty products and the need for better regulation.

After watching the film, one may begin to question the safety of the beauty products they use. It is important to note that not all beauty products are harmful, and some are actually beneficial for the skin. However, it is crucial to be aware of the potential risks associated with certain ingredients and to make informed decisions when purchasing products.

One way to become more informed about the ingredients in beauty products is to read the labels and do some research. The internet provides a wealth of information on the potential risks of different ingredients. It is also important to look for products that are free from harmful chemicals and are made with natural and organic ingredients.

In terms of regulation, the United States differs from European countries when it comes to beauty product ingredients. The European Union has banned more than 1,300 chemicals in cosmetics, while the United States has banned only 11. This means that many chemicals that are considered unsafe in Europe are still allowed in cosmetics in the United States. This lack of regulation is a cause for concern and highlights the need for consumers to be vigilant when choosing beauty products (Milman, 2019). This means that many dangerous chemicals that are banned in Europe can still be found in beauty products sold in the US.

One issue highlighted in the film is the difference in regulations between the United States and European countries. The European Union has banned many more chemicals from use in cosmetics than the United States has. This is concerning, as it suggests that consumers in the United States may be at a higher risk of exposure to potentially harmful chemicals. The film makes a compelling case for the need for stronger regulation of the beauty industry in the United States (Ellis, 2019).

Overall, I believe that "Toxic Beauty" is an effective documentary that raises important issues about the safety of beauty products. The film may be seen as overly dramatic by some, but the potential risks associated with certain chemicals in cosmetics should not be taken lightly. As consumers, we have the power to make informed choices and to demand safer products from the beauty industry (Ellis, 2019).

Prior to watching the film, I was aware that some beauty products contained potentially harmful chemicals. However, I was not fully aware of the extent of the problem

and the potential health risks associated with long-term use. The film was eye-opening and has prompted me to be more vigilant when selecting beauty products in the future.

I think it is important for consumers to take the time to research the ingredients in the products they use. While this can be time-consuming, it is a small price to pay for the potential health benefits. Additionally, consumers can support companies that use safe and natural ingredients by purchasing their products.

In conclusion, I found Toxic Beauty to be an effective and informative documentary that raises important issues about the safety of beauty products. While the film may be seen as overly dramatic by some, I believe that the potential health risks associated with certain ingredients should not be taken lightly. As consumers, we have a responsibility to be informed and to demand safer products from the beauty industry.

References

CeraVe. (2022). *AM Facial Moisturizing Lotion* | *Moisturizers* | *CeraVe*.

<https://www.cerave.com/skincare/moisturizers/am-facial-moisturizing-lotion-with-sunscreen>

Milman, O. (2019, July 2). US cosmetics are full of chemicals banned by Europe – why? *The Guardian*.

<https://www.theguardian.com/us-news/2019/may/22/chemicals-in-cosmetics-us-restricted-eu>

Ellis, P.(Director), (2019). *Toxic Beauty* [Film]. White Pine Pictures.