

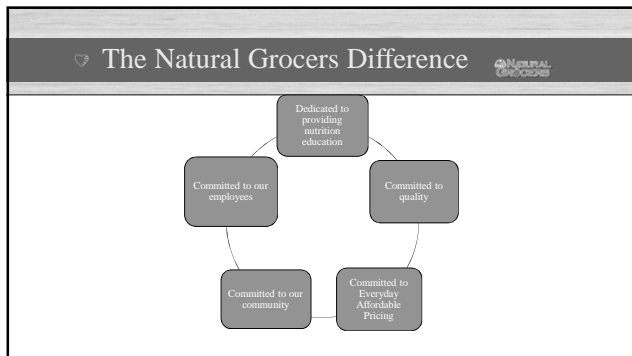





♥ Disclaimer


NATURAL GROCERS

- This class is not intended to treat, diagnose or mitigate any disease.
- Dietary supplements and foods can interact with prescription medications. If you are taking a prescription medication, become informed about the possible interactions.



♥ Class Overview 

- The Problem with Conventional Body Care Products
- Why It Matters
- The Natural Grocers Difference
- Do-It-Yourself Body Care Products

♥ Conventional Body Care Products 

“Cruelty Free” or “Not Tested on Animals” means that no animal testing was done on the product and its ingredients.

- True
- False

♥ Conventional Body Care Products ©NATURAL CHOICES

“Cruelty Free” or “Not Tested in
that no animal testing was done
and its ingredients.

True
 False

Even if a finished product never
was tested on animals, there's a
good chance it's ingredients were

♥ Conventional Body Care Products ©NATURAL CHOICES

Choosing products with the claim “Dermatologist
Tested” is a way to avoid an allergic reaction or
other skin irritation.

True
 False

♥ Conventional Body Care Products ©NATURAL CHOICES

Choosing products with the claim “Dermatologist
Tested” is a way to avoid an allergic reaction or
other skin irritation.

True
 False

“Dermatologist
Tested “
doesn't tell you
anything about
the product

♥ Conventional Body Care Products ©NATURAL
COSMETICS

Even if a product is labeled “hypoallergenic”, it may contain substances that can cause an allergic reaction for some people.

True
 False

♥ Conventional Body Care Products ©NATURAL
COSMETICS

Even if a product is labeled “hypoallergenic”, it may contain substances that can cause an allergic reaction for some people.

True
 False

There are no standards or definitions that govern this term

♥ Conventional Body Care Products ©NATURAL
COSMETICS

Product safety testing is required before a product reaches the market.

True
 False

♥ Conventional Body Care Products BY NATURAL CHOICES

Product safety testing is required before a product reaches the market.

True
 False

Neither the law nor FDA regulations require specific tests to demonstrate safety of individual products or ingredients

♥ Conventional Body Care Products BY NATURAL CHOICES

Many contain ingredients that are:


- Endocrine disruptors
- Neurotoxins
- Respiratory Toxins
- Skin Irritants
- Petroleum Derived

♥ Conventional Body Care Products BY NATURAL CHOICES

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Endocrine Disruptors are chemicals that interfere with the hormonal systems of mammals. They are suspected of interfering with reproduction, growth and neurodevelopment of children, and immune function.

♥ Conventional Body Care Products 

Many contain ingredients that are:


- ▶ **Neurotoxins** are naturally occurring or synthetic chemical agents that can cause functional or structural changes in the nervous system.

♥ Conventional Body Care Products 

Many contain ingredients that are:

- ▶ Endocrine
- ▶ Neurotoxins
- ▶ Respiratory Toxins
- ▶ Skin Irritants
- ▶ Petroleum

Respiratory Toxins
Some chemicals when inhaled can cause adverse effects to the respiratory system. Respiratory toxicity can include irritation, bronchitis, pulmonary edema, emphysema, and cancer.

♥ Conventional Body Care Products 

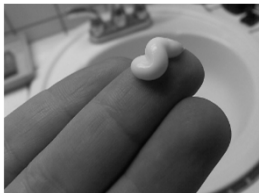
Skin irritants can cause a wide range of symptoms ranging from mild redness, to annoying itching and swelling, to painful blisters and sores.

♥ Conventional Body Care Products ©NATURAL CHOICES

Many compounds in conventional body care products are derived from petroleum. **Petroleum derived ingredients** are by-products of the oil industry. They are often contaminated with chemical impurities and they block the body's natural moisture regulating functions, leaving the skin and lips dryer!

- >Endocrine disruptors
- >Neurotoxins
- >Respiratory irritants
- >Skin irritants
- >Petroleum

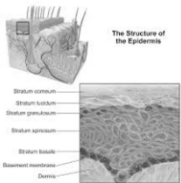
♥ Why It Matters ©NATURAL CHOICES



Do all of these things matter if we are just putting the ingredients on our skin and not actually ingesting them?

♥ Why It Matters ©NATURAL CHOICES

While it is true that one of the skin's main functions is to create a barrier between the inside of the body and the rest of the world, many compounds can and do cross the skin and end up in the body.

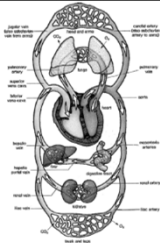


The Structure of the Epidermis

- Stratum corneum
- Stratum basale
- Stratum granulosum
- Stratum spinosum
- Stratum spongiosum
- Basement membrane
- Dermal papillae

♥ Why It Matters @NATURAL CHEMISTS


Toxins absorbed through the skin enter straight into systemic circulation. This is in contrast to toxins that are ingested, which are delivered to the liver first, where detoxification occurs.



♥ Why It Matters @NATURAL CHEMISTS


Skin absorption rates are affected by:

- Frequency of exposure
- Amount of area exposed
- Damaged skin
- Thickness of skin



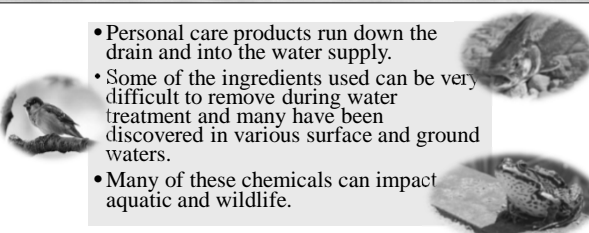
♥ Why It Matters @NATURAL CHEMISTS

And sometimes we do actually ingest these chemicals!



Why It Matters

- Personal care products run down the drain and into the water supply.
- Some of the ingredients used can be very difficult to remove during water treatment and many have been discovered in various surface and ground waters.
- Many of these chemicals can impact aquatic and wildlife.





Why It Matters

Emissions of Volatile Organic Compounds (VOC's) from personal care products are thought to be a significant source of air pollution in urban areas!

Off gassing of VOC's can lead to smog formation, harming the environment & negatively impacting human health

A 2018 study estimated that **off gassing of personal care products constitutes ~20% of the total VOC's emitted in Los Angeles!**

A study in Boulder, CO showed that **VOC emissions** from shampoos, lotions, deodorants, & antiperspirants **rivalled that of vehicle exhaust!**



The Natural Grocers Difference



♥ The Natural Grocers Difference THE NATURAL GROCERS

♥ Beauty from the Inside Out THE NATURAL GROCERS

1. Eat a Healthy and Delicious Diet of unprocessed, real foods such as naturally-raised meat and eggs, wild fish, brightly colored fruits and vegetables, nuts and seeds, and unrefined coconut and olive oil.
2. Get plenty of sleep
3. Move Your Body Daily
4. Consider a Skin Support Supplement Routine
 - Antioxidants such as astaxanthin, lutein, lycopene, zeaxanthin, and/or green tea
 - Omega-3s from fish oil
 - A high quality multi-vitamin and mineral


♥ DIY Body Care THE NATURAL GROCERS

Do-It-Yourself Body Care is

- Easy
- Fun
- Makes Great Gifts
- Custom Tailored to YOU!

DIY Body Care Tools

Simple Real Food Skin Solutions

Apples	Cucumber	
Apple Cider Vinegar	Green Tea	
Avocados	Honey	
Baking Soda	Oatmeal	
Bananas	Yogurt	

DIY Body Care Tools



Oils are sometimes referred to as base or carrier oils when making body care products. Oils can be healing, hydrating and nourishing for the skin, they can also act as carriers for essential oils and herbal extracts.

DIY Body Care Tools

Some good body care oils are:

Jojoba – All purpose oil that is hydrating and absorbs well. Very similar to our bodies' own natural oils. Can be used for both dry and oily skin types.

Almond – All purpose oil that is good for all skin types, especially dry, itchy or inflamed skin.

Apricot – Neutral scent, light weight and absorbs easily. Appropriate for all skin types especially dry and mature skin.

Grapeseed Oil – Light and odorless oil that is mild and hypoallergenic for the skin. Also popular for conditioning the hair.


Olive – Rich in vitamins, minerals and antioxidants, it moisturizes, soothes and modulates inflammation. Can have a pronounced smell and color.

Coconut – Soothing and moisturizing, is not readily absorbed and creates a protective layer on skin, nails, hair and lips. Has a distinct fragrance.

DIY Body Care Tools

Exfoliating and Scrubbing

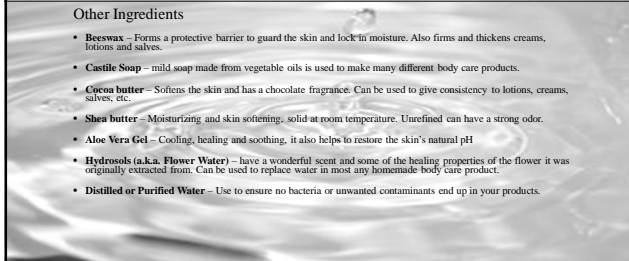
- **Old-Fashioned Rolled Oats** – Ground, they are a gentle exfoliant, while also being moisturizing.
- **Nuts/Seed Meals** – Grind your own at home from most any nut or seed. Because of nuts/seeds naturally high oil content these will be moisturizing as well.
- **Baking Soda** – Soothes the skin, while gently exfoliating.
- **Sea Salt** – high in minerals that are healing for the skin. Can be drying.
- **Sugar** – Because it does not dry the skin, it can be used in place of sea salt in most scrub recipes.



DIY Body Care Tools

Other Ingredients

- **Beeswax** – Forms a protective barrier to guard the skin and lock-in moisture. Also firms and thickens creams, lotions and salves.
- **Castile Soap** – mild soap made from vegetable oils is used to make many different body care products.
- **Cocoa butter** – Softens the skin and has a chocolate fragrance. Can be used to give consistency to lotions, creams, salves, etc.
- **Shea butter** – Moisturizing and skin softening, solid at room temperature. Unrefined can have a strong odor.
- **Aloe Vera Gel** – Cooling, healing and soothing, it also helps to restore the skin's natural pH
- **Hydrosols (a.k.a. Flower Water)** – have a wonderful scent and some of the healing properties of the flower it was originally extracted from. Can be used to replace water in most any homemade body care product.
- **Distilled or Purified Water** – Use to ensure no bacteria or unwanted contaminants end up in your products.




DIY Body Care Tools

Essential Oils are volatile substances derived from a plant that bear the aroma and/or flavor of the plant. They can be used in body care for their scent, as preservatives, to support skin function or for their emotional and psychological benefits.

Some essential oils that are especially good for the skin:

Chamomile	Neroli
Lavender	Rose Otto
Carrot Seed	Rosemary
Geranium	Tea Tree
Helichrysum (Immortelle)	



DIY Body Care Tools

Extending the life of your products

- *Vitamin E* (alpha tocopherol) – helps to protect the oils in a product from going rancid and has the added bonus of being an antioxidant for the skin and aids in skin repair.
- *Rosemary essential oil* – Supports microbial balance and is toning to the skin and stimulating to the mind and the body.
- *Geranium essential oil* – Supports microbial balance and has a light floral scent that is also mild on the skin.

DIY Body Care Tools


Tools from the Kitchen

- Measuring Cups and Spoons
- Glass liquid measuring cup
- Clean and Sanitized containers to hold the finished product
- Spatulas, spoons, knives
- Pots and Pans
- Kitchen Scale

DIY Body Care Tools

ALWAYS label your homemade body care products and include the date!


Lavender Body Lotion Bar
October 27, 2015

♥ Resources 


Books:
Organic Body Care Recipes by Stephanie Toultes
Natural Beauty at Home by Janice Cox
The Truth About Beauty by Kit James
The Complete Book of Essential Aromatherapy by Valerie Ann Wormwood

Customer Literature Files
 Things We Don't Carry And Why
 Coconut: From Suspected Villain to Superfood Status
 Essential Oils
 Honey has Many Health Benefits Other Than Sweetness
 Protecting Your Skin from UV Damage: Topical Solutions
 Green Tea and UV Protection

Websites
www.naturalcosmetics.com

♥ BODY CARE RECIPE 

Now let me show you how to make your own body care products! Today we are going to make Sugar and Salt Body Scrub

♥ References 

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- <http://www.accessdata.fda.gov/videos/cfsan/cosmeticsquiz/>
- <http://www.fda.gov/Cosmetics/GuidanceRegulation/LawsRegulations/ucm127406.htm>
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