

Body Beautiful

Unit 2D

Toxins in Commercial Products



Toxins in Commercial Products-(2D) Transformations-



With Awareness Comes Opportunity for Change-

- 1) To realize many commercial products contain toxins.
- 2) To understand many of these toxins can accumulate in the body.
- 3) To get into the habit of reading labels on cosmetics, cleaning products, paints & household goods.
- 4) To gradually replace toxic elements with greener components.
- 5) To make some of your own cosmetic and cleaning alternatives.

You will find links to many commercial toxins in your online e-course.

Skin deep is a fantastic website for updated information about cosmetics.

www.safecosmetics.org Click onto Skin Deep

Questions-

Has reading about toxins in commercial products changed your beliefs in any way?

How might you change your actions in hair, skin or body care to lessen the number of toxins you accumulate?