

Bathtub Junkies

Organic, Chemical-free Body Products

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***The Good,
the Bad
and the Ugly***

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In 1991 Bathtub Junkies began selling handmade bath and body products. After years of research we started dedicating ourselves to offering organic and natural body products without the use of chemical ingredients. We are committed to providing information about our chemical-free products so that you can educate yourself and make your own decisions about what you put on your body. Your understanding and appreciation of chemical-free products is certain to be enhanced by referring to this short list of chemical ingredients to help you make informed choices about what you should be using as opposed to what you and your family may currently be using.

The Good

ORGANIC means that plants have been grown by farmers who use renewable resources that promote conservation of soil and water. Organic plants are produced *without* using conventional pesticides; fertilizers made with synthetic ingredients or sewage sludge; bioengineering, or ionizing radiation.

NATURAL means that plants are grown, harvested, raised and processed using conventional growing methods which are free from parabens, synthetic preservatives, sulfates, animal products, or anything with suspected potential human health risks.

ESSENTIAL OILS mean that plants are steam distilled using heat and water, expressed or pressed where the oil is separated from the squeezed liquid or cold pressed by crushing and a filtering process. All or parts of the plant are used from the stems, leaves, petals or flower. Essential Oils offer therapeutic and aromatherapy benefits.

FRAGRANCE OILS & DESIGNER FRAGRANCE OILS are artificially created fragrances that are diluted with a carrier oil. They are designed to mimic the scent of a natural product. These scents do not offer the therapeutic benefits of essential oils.

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. . . *the Bad and the Ugly*

CHEMICALS are substances made from a synthetic material in a made-made laboratory. These products have been artificially altered and are therefore inorganic.

COCAMIDE DEA is a diethanolamide (DEA) made by reacting fatty acids in coconut oils with diethanolamine (DEA). It is a viscous liquid and is used as a foaming agent in bath products like shampoos and hand soaps, and in cosmetics as an emulsifying agent. DEA and its variants are suspected of increasing the risk of cancer. Studies also show that DEA directly inhibits fetal brain development in mice by blocking the absorption of choline, a nutrient required for brain development and maintenance. DEA is also associated with miscarriages in laboratory studies.

DEA (diethanolamine) MEA (momoethanolamine) TEA (triethanolamine)

DEA, and MEA are usually listed on the ingredient label in conjunction with the compound being neutralized. So, look for names like Cocamide DEA or MEA, Lauramide DEA, etc. These are hormone-disrupting chemicals, and are known to form cancer causing nitrates. They are commonly found in most personal care products that foam, including bubble baths, body washes, shampoos, soaps and facial cleansers. On *CBS This Morning*, Roberta Baskin revealed that a recent government report shows DEA and MEA are readily absorbed into the skin. Dr. Samuel Epstein, Professor of Environmental Health at the University of Illinois said, "repeated skin applications of DEA-based detergents resulted in a major increase in the incidence of two cancers - liver and kidney cancers."

DIAZOLIDINYL UREA is a preservative. It has a broad-spectrum of application, and is effective against bacteria, fungi and yeasts. It contains formaldehyde, may release formaldehyde, or may break down into formaldehyde. Some people have a contact allergy to diazolidinyl urea causing dermatitis. It is used in many cosmetics, skin care products, shampoos and conditioners as well as a wide range of products including bubble baths, baby wipes and household detergents.

ISOPROPYL ALCOHOL is a solvent and denaturant poisonous substance that changes another substance's natural qualities. Isopropyl alcohol is found in hair color rinses, body rubs, hand lotions, after-shave lotions, fragrances and many other cosmetics. This petroleum-derived substance is also used in antifreeze and as a solvent in shellac. According to *A Consumer's Dictionary of Cosmetic Ingredients*, inhalation or ingestion of the vapor may cause headaches, flushing, dizziness, mental depression, nausea, vomiting, narcosis and coma.

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IMIDAZOLIDINYL UREA and DMDM HYDANTOIN are just two of the many preservatives that release formaldehyde. According to the *Mayo Clinic*, formaldehyde can irritate the respiratory system, cause skin reactions and trigger heart palpitations. Exposure to formaldehyde may cause joint pain, allergies, depression, headaches, chest pains, ear infections, chronic fatigue, dizziness and loss of sleep. It can also irritate coughs and colds and trigger asthma. Serious side effects include weakening of the immune system and cancer. Nearly all brands of skin, body and hair care, antiperspirants and nail polish found in mainline stores contain formaldehyde-releasing ingredients.

LAURAMIDE DEA is a colorless liquid used in the purification of petroleum, as a solvent in dry cleaning, and as an ingredient in paints and pharmaceuticals. One or more animal studies show sense organ effects at low doses, skin irritation at very low doses and tumor formation at high doses.

MINERAL OIL is a commonly used petroleum ingredient that coats the skin just like plastic wrap. The skin's natural immune barrier is disrupted as this 'plastic' coating inhibits its ability to breathe and absorb the natural moisture factor. The skin's ability to release toxins is impeded by this 'plastic wrap' which can promote acne and other skin conditions. It slows down skin function and normal cell development causing the skin to prematurely age.

PARABENS are a group of chemicals widely used as a preservative in the cosmetic industry. These compounds are used primarily for their bactericide and fungicidal properties. They can be found in shampoos, moisturizers, shaving gels, cleansing gels and toothpaste. In the report from the US Environmental Protection Agency on "Pharmaceuticals and Personal Care Products in the Environment, it stated that the chemical preservatives called parabens—methyl, propyl, butyl and ethyl, displayed estrogenic activity in several tests. This means that these chemicals mimic the bodies own hormones and can have an endocrine-disrupting action when applied onto one's skin. These disruptors interfere with the hypothalamus, the ovaries, the thyroid—virtually every system in your body.

PEG-POLYETHYLENE GLYCOL is a synthetic resin made by polymerizing ethylene glycol. It is used in making cleansers to dissolve oil and grease. Because of their effectiveness, PEG's are often used in caustic cleaners and yet are found in many personal care products. PEG's contribute to stripping the natural moisture factor leaving the immune system vulnerable. They are also potentially carcinogenic. This petroleum-derived substance is also used in antifreeze and as a solvent in shellac.

PHTHALATES (pounced Thalates) are a family of chemical compounds made from alcohols and phthalic acid. These oily, colorless, odorless liquids do not evaporate readily and are used primarily to make polyvinyl chloride (PVC) both soft and flexible. Phthalates may be found in some types of flooring, medical devices children's toys, footwear, electrical cable, lubricants, hair sprays, and as plasticizers in nail polish, perfumes or fragrances to make the scent last longer. The so-called new car smell is partly the odor of phthalates. In laboratory animals, some phthalates have been linked with liver abnormalities as well as fertility problems and birth defects. As a consequence, the use of some phthalates in children's toys is restricted in the Europe.

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POLYETHYLENE is created through polymerization of ethylene. It is a thermoplastic which is plastic that melts to a liquid when heated and freezes to a brittle, very glassy state when cooled sufficiently. It is a polymerized ethylene resin, used especially for containers, kitchenware, and tubing.

PROPYLENE GLYCOL (PG) is a 'surfactant' or wetting agent and solvent. This ingredient is the active component in antifreeze. There is no difference between the PG used for industrial use and the PG used in personal care products. It is found in most forms of make-up, hair products, lotions, after-shave, deodorants, mouthwashes and toothpaste. Because of its ability to quickly penetrate the skin, the EPA requires workers to wear protective gloves, clothing and goggles when working with this toxic substance. The Material Safety Data Sheets warn against skin contact, as PG has systemic consequences such as brain, liver and kidney abnormalities. However, consumers are not protected nor are there warning labels on products such as stick deodorants, where the concentration is greater than that in most industrial applications.

SODIUM LAURYL SULFATE (SLS) & SODIUM LAURETH SULFATE (SLES)

is a caustic detergent useful for removing grease. Used as detergents and surfactants, these closely related compounds are found in car wash soaps, garage floor cleaners and engine degreasers. Yet both SLS and SLES are used more widely as one of the major ingredients in cosmetics, hair conditioners and about 90% of all shampoos and products that foam. According to the *American College of Toxicology* both SLS and SLES can cause malformation in children's eyes. Other research has indicated SLS may be damaging to the immune system, especially within the skin. It is possibly the most dangerous of all ingredients in personal care products. Research has shown that SLS when combined with other chemicals can be transformed into nitrosamines, a potent class of carcinogens which causes the body to absorb nitrates at higher levels. According to the *American College of Toxicity* report, "SLS stays in the body for up to five days..." Other studies have indicated that SLS easily penetrates through the skin and maintains residual levels in the heart, liver, lungs and the brain.

UREA serves an important role in the metabolism of nitrogen-containing compounds produced by animals. When converted and dissolved in water it is solid, odorless and colorless. It is widely used in fertilizers and is an important raw material for the chemical industry. It is found in some dish soaps, tooth whiteners, dermatological creams associated with psoriasis and eczema. According to the Material Safety Data Sheet it is hazardous in skin contact, eye contact or ingestion and inhalation.

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*If you've been paying closer attention to what goes **in** your body, then you'll also want to pay closer attention to what goes **on** your body. This is why we've created a variety of very special body and bath products. Each item has been carefully handmade in small batches from organic or natural ingredients and essential oils. You won't find any harsh chemicals or additives; just pure ingredients that you can pronounce! Plus, all of our products are made without animal testing.*

Go ahead. Give in. Get hooked on Bathtub Junkies!

All research information taken from the following online sources:

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