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By: Monica Gaza, Life & Style Editor



Cosmetics are part of our everyday lives - and yes, they really are safe
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Cosmetics Safety Myths Busted

We use cosmetics every day - therefore, it's natural to be concerned about their potential side-effects

For us ladies, makeup is an integral part of our lives, just like water or air are. It's natural, therefore, to want to know more about its ingredients and their potential long-term side effects it may have on our health, especially since there are makeup products such as foundation, powder and eyeshadow that many of us use every single day. As far as cosmetics are concerned, there are plenty of myths going around, particularly negative ones about how they contain dangerous, toxic and potentially deadly ingredients that will turn us all into dreadful mutants one day - and then condemn us to a terrible death. Here are some of these myths, and the truths behind them. One of my granny's favorite warnings has always been that "cosmetics are not safe, and cosmetic companies can use whatever ingredients they please" - irrespective of how dangerous they are. The answer to this is simple: it's all in the labeling, and we have to learn to read it correctly. The "not safe" part is also not true - there are tens of stipulations in place, at both national and international level, to regulate the safety and effectiveness of each and every ingredient used in the making of beauty products. Labeling must not be misleading - that is, to intentionally fail to list an ingredient - and it must report the exact quantity of certain substances. If this condition is not met, then authorities have the right to immediately withdraw any such products from the market. As for the "any old ingredient they want" theory, that's also not true. On many occasions, the cosmetics industry has voluntarily withdrawn ingredients that have been scientifically proven to have potential adverse effects - because, let's face it, it's in their best interest not to poison us all with deadly, little-known chemicals. Human beings use cosmetics throughout their lives, and cosmetic companies want us to have long, happy ones in order to buy more of their products. However, do not worry: as I already said, there are rules and regulations in place, meant to keep us from using potentially dangerous products. In the U.S., for example, cosmetic manufacturers are required by law to establish the safety of both finished products and their ingredients.