

MANE MAKEOVER: EMBRACE THE HAIRVOOLUTION

Protecting Our Bodies without Sacrificing the Look



GIRL +
ENVIRONMENT

EDCS: A HAIR STYLIST'S BIGGEST NIGHTMARE

Endocrine Disrupting Chemicals (EDCs) are present in everyday products like personal care items, household cleaners, plastics, and pesticides, disrupting the normal functioning of hormones in the body. Some EDCs mimic hormones, deceiving the body into treating them like actual hormones, while others obstruct the proper functioning of natural hormones!

Immune function

Alterations in sperm quality and fertility

Cause certain cancers

Growth

Neurological & learning disabilities

Endometriosis

Early puberty

Obesity

Respiratory problems

Abnormalities in sex organs

Cardiovascular problems

Altered nervous system function

Diabetes

EDCs
got us
messed
up!?

EDCs such as Phthalates, Bisphenols, PFAS, Parabens, Triclosan, and Dioxins have all been linked to numerous health outcomes that are listed above.



We At Risk, Sis!



Black women are exposed to higher levels of EDCs than White women through a range of personal care and consumer products.

1

2

Black women in the US are 2 to 3 times more likely than our White counterparts to develop fibroids, a hormone-dependent disease where tumors grow in the uterus.



3

Fibroids can cause significant pain, anemia, bleeding, increased urinary frequency, fertility problems, and pregnancy complications, such as postpartum hemorrhage, symptoms that tend to be more severe for Black women.



Stopping This Mess and Embrace The Hairvolution!

- Restrict the use of plastic containers labeled #3, #6, and #7. These numbers can be found on the bottom of plastic containers¹
- Consider using a water filter to sift out EDCs including water filters for hair washing¹
- **Read labels and avoid using products containing the following chemicals:**

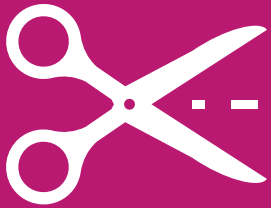
- Phthalates
- Bisphenols
- PFAS
- Parabens
- Triclosan
- Dioxins



Stopping This Mess and Embrace The Hairvolution! Pt 2.



- **Avoid products with fragrances** and look for products that are labeled “no synthetic fragrance”, or “scented only with essential oils” ¹
- **Download free apps like, Yuka or ThinkDirty**, to learn whether the products you use are safe and how to switch from toxic hair products to toxic-free alternatives
- **Write to members of Congress to update laws** that regulate the safety of cosmetic products in the United States such as the Safer Beauty Bill Package and use their Letter to Congress Template
- **Get involved** and follow advocacy organizations such as @cleanbeautyjustice
- **Use your social media platforms and influence** to build awareness among other beauty enthusiasts



Give Your Clients a Mane Makeover!



- **Encourage your clients** to use free Apps like Yuka, to learn whether the products they use are safe and to get recommendations for products that don't compromise their health
- **Talk to your clients about EDCs** and educate them on how they can protect their hair and bodies from the negative health effects of EDCs

YUKA APP



THINK DIRTY APP

RESOURCES AND WHERE TO GO FOR MORE INFO:



[See Which Black Owned Beauty Brands are Toxic Free](#)



[Learn More About Clean Beauty Justice](#)



[Check Out This Informative Article on Clean Beauty Justice](#)



[Learn About the Top Ingredients and Contaminants to Avoid and the Types of Products They're Found In](#)

Want to Learn more about EDCs?

Check out our TMI Campaign!

@GILRPLUSENVIRONMENT

Like it?
Double-tap!

Share with your
friends.



Tell us what you
think.

Save it for
later.