



# HOW SKINCARE CAN AFFECT YOUR HEALTH

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What is your skin trying to tell you? Often the skin is a metaphor for deeper issues and a way for your body to send up a red flag to warn you that all is not well underneath. When our skin is unhealthy it is usually a reflection of the internal state of our bodies, and is often a sign of poor elimination of toxins and waste products. - Judyth Reichenberg-Ullman

An analysis of product ingredients by the Environmental Working Group (EWG) reveals that “more than one in five of all products contain chemicals linked to cancer, 80% contain ingredients that commonly contain hazardous impurities, and 56% contain penetration enhancers that help deliver ingredients deeper into the skin.” - Urban wellness magazine

## # OF CHEMICALS BANNED

FOR USE IN *COSMETICS*

USA



30

CANADA



500+

EU



1300+

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### YOU ARE WHAT YOU APPLY

Your \_\_\_\_\_ is your largest organ. The ingredients in every day cosmetics and what they do once in our \_\_\_\_\_ is a cause for concern.

### INGREDIENTS TO AVOID

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### "NATURAL" DOESN'T MEAN GOOD

Absorption of harmful substances through \_\_\_\_\_ is far more dangerous than through \_\_\_\_\_.

### MOST TOXIC PRODUCTS TO REPLACE FIRST

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### GREENWASHING AND MISLEADING MARKETING

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### CERTIFICATIONS



### VERIFY

- EWG Skin Deep Cosmetics Database
- ThinkDirty App
- Read ALL labels, don't follow the crowd
- Unprocessed natural ingredients if possible