Article published on December 23rd 2011 | Shopping

These days the return to natural products that are free of chemical additives is well under way - at least as far as food is concerned. We know that ingesting chemicals can harm us and is often a contributing factor in many diseases such as cancer. However, it is not as common to find people looking for chemical free skin care. Yet it has been proven that our skin absorbs whatever we put on it and if cosmetics and skin care products contain chemicals that are harmful, then they will end up on the inside of us.

By choosing a natural skin product such as chemical free cosmetics or moisturisers we can avoid the problem of ingesting toxins through our skin. Toxins that are absorbed through the skin can be found in the bloodstream, muscles and tissues of the skin. It may not be in our digestive systems, but the result is just the same; chemicals that are not normal parts of our make-up â€“ that can actually cause a great deal of harm â€“ are still in our bodies.

Additionally, negative effects such as allergies and eye irritation can be caused by inhalation of the vapours from products containing harmful chemicals. And while most people would laugh at the thought of eating cosmetics, what happens to lipstick? Much of it is actually ingested with meals or fluids.

Many chemicals are said to be non-toxic and harmless to the human body, but many more do cause harm in some way. Some such as alcohol isopropyl are extremely drying and irritating to the skin and strip away the oils that nature intended to be there for protection against bacteria and viruses.

Many products for the skin or shampoos contain surfactants such as Ammonium Laureth (or Laurel) Sulphate. This is a surfactant which is also used to degrease engines and in car-washes. It can react to form nitrosamines which may cause cancer. Parabens â€“ identified by any long word with that ending â€“ are known to have estrogenic activity in the body and so are related to breast cancer. So it can be seen that choosing chemical free cosmetics is the only safe way to go.

Article Source:
http://www.articleside.com/shopping-articles/the-importance-of-chemical-free-skin-care.htm - Article Side

Cosmetics Expert - About Author:
Cosmetics expert has been working for and researching on which are the best sorts of cosmetics for any woman and how one should go about choosing her cosmetics for the best results.
a www.davon.com.au

Article Keywords:
Chemical free skin care

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!