

## Make-up Dangers

There have been many occasions when I have been asked by a client for make-up advice. What to buy, how to use it, which colours suit them best or which are the best products to buy.

The first thing I would do is look at their make-up bag, drawer, cabinet or in some cases cupboards full to the brim with the make-up mistakes they have been collecting for years. Quite often it is unused but unusable as it is long past its sell by date! Alternatively it is well used but not discarded even when it is dried up and discoloured.

Make-up can be a serious harbouring ground for bacteria and to ensure the make-up you are applying to your face is in good condition and won't cause you harm you must follow a few simple rules.

Buy carefully don't impulse buy and then stick it away somewhere to be used when it is out of date.

Don't use testers for make-up, on your face, that are available for all to use. If you need to test a colour, put it on the back of your hand or ask the sales person for a sample or single use tester to try for yourself

Store make-up safely; in a cool place out of direct sunlight or away from a source of heat.

Never share your make-up with others in particular mascara and lipstick as you may pick up an infection from someone else

Throw away cosmetics that you were using if you have suffered an infection such as conjunctivitis or herpes simplex (cold sore)

If make-up has a strange smell, discard it immediately

If make-up changes colour discard it immediately

When mascara and lipstick dries up discard immediately

When liquid make-up separates or congeals discard immediately

Wash your hands before applying make-up

Take care when applying mascara and eye shadow not to slip with the brush and scrape the eye

Insert contact lenses before applying make-up

Replace cosmetics regularly, mascaras should be changed every three or four months

Don't use an old applicator brush in a new product as this will contaminate it

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Don't use make-up with metallic particles or fibres that can enter the eye and cause irritation

Wash make-up brushes and sponges regularly in hot soapy water, rinse well and dry before reusing

Use retractable lip brushes

Cosmetic ingredients may cause allergy sensitivity or irritation read the ingredients list carefully if you know you are sensitive or allergic to a particular substance or fragrance

Preservatives are added to make-up to prolong their life and protect against infection

People are allergic to certain fragrance

Parabens are chemical compounds which occur naturally in things such as blueberries, prunes and cinnamon. Synthetic parabens are found in many cosmetics to increase their shelf life and reduce the effects of bacteria. Recent studies have shown that prolonged use of products containing parabens may be linked to premature ageing of the skin when exposed to UVR. It is also thought to cause an increase in oestrogen in the body.

Sodium laurel sulphate is used in soap, shampoo and bubble bath and may irritate the skin, scalp and eyes of susceptible people

Phthalates

Formaldehyde

Benzene

Phenylenediamine

Toluene

Lipstick chewed and swallowed

Hair spray, perfume, spray tan and fine powders inhaled