



Baby Safe

*Hair & Beauty*





**What you put *on* your body is just as important as what you put *in* it. If you are pregnant, trying to conceive, or undergoing IVF treatment now is the time to learn exactly what's in your beauty products!**

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# Fertility & Pregnancy Safe *Clean Beauty*

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## **Hair Dye & Pregnancy**

Between the forums, your hairdresser, and everyone else's opinion you could be really confused and concerned about the safety of colouring your hair while pregnant or trying to conceive.

The problem with a lot of personal care products is that they can contain certain chemical ingredients that are absorbed by the body and can be passed through to your growing baby.

Hair dye is especially worrying for pregnant women because it is known to be one of the most toxic beauty products we use. Which is why I think your concern is valid and have done a little bit of hair dye research for you.

Hopefully this guide will take away some of your confusion and suggest some safer methods to treat your hair during this time.





*Clean Beauty!*

# BABY SAFE *Hair Dye*



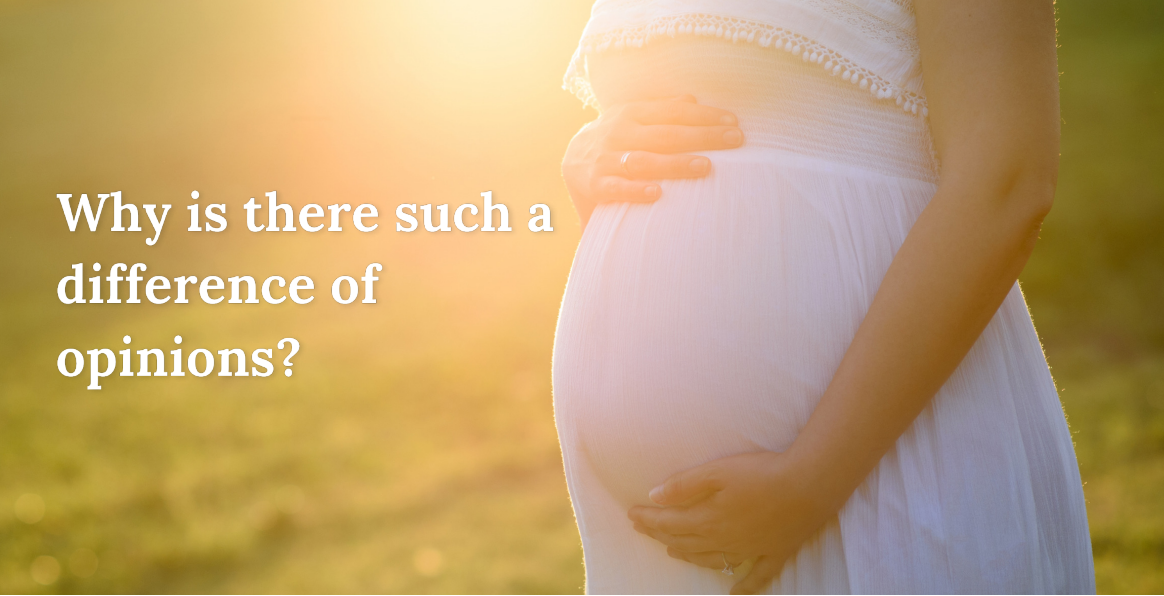
# 1. WHAT THE EXPERTS SAY

Wella Professional, an internationally recognised German hair company teaches their trainee hair colourists that their products are safe to use on pregnant women. Saying that “***although hair colour contains chemicals, they aren't highly toxic and the body does not absorb enough of them to harm a pregnant woman or her baby***”

Now, call me cynical but, I think most companies are going to speak highly of their own products.

So, what do the doctors say?

Some doctors recommend not to dye your hair at all during pregnancy, others say that it's perfectly safe, while others advice to avoid it in the first trimester only.



# Why is there such a difference of opinions?

Dermatologist, Nia Terezakis, MD, a clinical professor at Tulane University, tells WebMD tells us "***We truly don't know if anything is absorbed internally, but you have many pores that are deep on the scalp, and there's always the potential, especially if the scalp is irritated. The fewer chemicals, the better***"

Reports claim that there are too few studies examining the effects of chemicals in hair dye on pregnant women. But there are some, like this one on the effect of pre-pregnancy hair dye exposure on infant birth weight. And this one on the facial swelling in a pregnant woman as a result of an allergic reaction to **paraphenylenediamine (PPD)**, a common ingredient in dark hair dye.

# Endocrine Disrupting Chemicals

## 2. THE PROBLEM WITH HAIR DYE

Whether you're pregnant, trying to conceive or undergoing fertility treatment, minimizing the burden of toxins on your organs could be a big part of your life right now.

So, it's just common sense to research the ingredients in your personal care products.

And you don't have to dive very deep down the hair-dye-ingredients rabbit-hole to come across "Endocrine Disrupting Chemicals", often referred to as "EDCs". These chemicals mimic hormones and can affect egg and sperm quality.

Due to extensive studies on endocrine disrupting chemicals there is much debate when it comes to the safety of dying your hair while pregnant, or trying to conceive. And if you like to err on the side of caution (and go against what your hair stylist recommends) you might want to avoid products that contain them.

Unfortunately, this is not an easy task. These are tricky chemicals to avoid because they cleverly elude ingredient lists by hiding within an ingredient itself—one of which is **paraphenylenediamine (PPD)**, or the products packaging.



# What To Avoid

## 3. HAIR DYE INGREDIENTS TO AVOID

### Hair Dye's Hidden EDCs

**PARABENS**

**AMMONIA**

**FRAGRANCE**

**RESORCINOL**

**PHTHALATES**

**FORMALDEHYDE**  
+  
**DMDM HYDANTOIN**

**PARAPHENYLENEDIAMINE (PPD)**

According to The Environmental Working Group's Skin Deep Database ([www.ewg.org/skindeep/](http://www.ewg.org/skindeep/)) these ingredients contain EDCs. The majority of traditional hair dyes stocked by salons could include these ingredients.

## 4. THE SOLUTION

### 3 Safer Methods

#### For coloring your hair while pregnant

#### 1. Ammonia-Free/Oil-Based Professional Hair Colour

Ammonia free hair color during pregnancy, and fertility treatment is a must. Finding a salon that uses ammonia-free, oil-based professional hair colour could be your best bet if you're not a Do-It-Yourself kind of girl. Depending on how well you know your hair dresser, you could ask them to get this type of dye in for you, or even offer to purchase it yourself and bring your own! I have been using oil-based hair colour since they first came out, and I absolutely love them. They are better for your health and give perfect results, just as good as traditional hair dye. I wish these brands were more widely available in local salons.

#### 2. At-Home Natural Box Dye

At-home (non toxic) semi permanent hair dye is a great option. Daniel Field color may not give you quite the same results that you would get at the salon, but for your peace of mind during a stressful time they will temporarily cover your grey roots! These dyes will eventually wash out depending on your hair type and colour.



### **3. Henna/Herbal Dyes**

If you've ever coloured your hair the herbal/Indian way then you will know about the wondrous benefits of henna. One of the oldest and most natural ways to colour your hair, henna is still very popular in India and the Middle East.

The most time consuming of the three options, henna dye may need to be prepared overnight and must be left on the hair for 4-8 hours. But, the benefits are well worth the effort!

Henna can be mixed with other herbal powders like Cassia, Amla, Brahmi, Shikakai and Bhringraj to colour hair in different shades. These herbs have many amazing hair benefits from thickening and conditioning, improving curl pattern and hair growth. It's basically a hair treatment and colour in one!

# Best Non Toxic Brands

## 5. PREGNANCY SAFE HAIR DYE BRANDS

### *1. Ammonia-Free Oil-Based Professional Hair Colour*

Find a salon that stocks oil-based dye by **Redken** or **Keune**. They are better for your health and give perfect results. Just as good as traditional hair dye!



**FREE FROM: Parabens, Sulfate, Ammonia, Artificial fragrance (phthalates), Animal derived materials (vegan friendly)**

### *2. Natural Box Dye (DIY)*

Brands like **Daniel Field & ONC** make natural box dyes. They may not give the same results as a salon, but for your peace of mind during a stressful time they will temporarily cover your grey roots!

**FREE FROM: Ammonia, Alcohol, Resorcinol, Hydrogen Peroxide, PPD**





# Henna

## 3. Henna/Herbal Dyes (DIY)

**It's Pure Organics** Herbal Hair Colour & **Surya Brasil** Henna Cream double-up as a hair treatments. Henna is mixed with other herbal powders like Cassia, Amla, Brahmi, Shikakai & Bhringraj to achieve different shades. These herbs have amazing hair benefits from thickening & conditioning to improving curl pattern and hair growth.

**FREE FROM: Artificial preservatives, Animal derived materials (vegan friendly), GMO Free, Artificial additives**



\*For links to buy product go to the blog post [here](#)

# Clean Beauty



According to a 2009 study by Biosen, a company that makes aluminum-free deodorant, the average UK woman puts 515 synthetic chemicals on her body everyday. The poll of 2,016 women were said to have applied most of the pollutants themselves by spraying on deodorant, slathering themselves in body lotion, and applying perfume and cosmetics each morning.

## 6. Beauty's Most Common



# Endocrine Disruptors

As with hair dye, skincare and makeup can be just as confusing. And if you're pregnant or trying to conceive all of this beauty stuff can get stressful and overwhelming.

You just want to look great with no grey roots! Is that too much to ask?

No, absolutely not. Which is why I'm adding a few tips to spot EDCs in beauty products to this hair dye guide. Because once you know what to look for on the ingredient list, you can choose better products for you and your baby's health. It's not confusing or overwhelming once you know where to look!

*How To Spot*

# **Endocrine Disrupting Chemicals In Your Beauty Products**

Beauty's Most Common EDCs

**PARABENS**

**PHthalATES**

**TRICLOSAN**

**PLASTICS/BPA**

**BHT & BHA**

**PESTICIDES**

Six chemicals featured on '**The UN List of Identified Endocrine Disrupting Chemicals**' ([www.unenvironment.org](http://www.unenvironment.org)) commonly found in our beauty products are **parabens**, **BPA (plastics)**, **phthalates**, **BHT & BHA**, **triclosan** and **pesticides**.



## 7. What To Avoid in Beauty Products

### *Organic & Natural Beauty Products*

'Organic' and 'Natural' beauty products generally contain far less toxic ingredients minimizing your exposure to hidden EDCs. They tend to use safer preservatives as opposed to **parabens**. To avoid parabens look on ingredient lists for;

- **methylparaben**
- **ethylparaben**
- **propylparaben**
- **butylparaben**
- **isopropylparaben**
- **isobutylparaben**

Lots of skincare brands use botanical extracts and essentials oils that nourish and replenish the skin. But, if ingredients are not organically farmed they could contain **pesticides**.

Choose brands that use Eco-friendly or recyclable glass packaging. Minimizing your exposure to **plastics/ bisphenols (BPA)** and **phthalates**.



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Another way to avoid **phthalates** is to stop using skincare and cosmetics that contain **fragrance/perfume**.

The **European Union** banned **triclosan** in materials that come into contact with food in 2010. But toothpaste, mouthwash, and most commonly antibacterial hand wash still use this restricted ingredient.

**BHT & BHA (Butylated hydroxytoluene & Butylated hydroxyanisole)** is another common preservative used in beauty products, especially lipstick & eyeshadow. And also in food.

**The European Commission on Endocrine Disruption** ([www.ec.europa.eu/environment/chemicals/endocrine/](http://www.ec.europa.eu/environment/chemicals/endocrine/)) has determined that there is strong evidence that **BHT & BHA** are human endocrine disruptors.

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