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Sustainable Skincare

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Sustainable skincare refers to the use of skincare products and practices that are environmentally friendly and ethical. This includes the use of natural and organic ingredients, eco-friendly packaging, and responsible production and sourcing methods. Besides, it prioritizes the use of natural ingredients that are less likely to cause skin sensitivities or allergies. Harsh chemicals and synthetic fragrances can irritate the skin and lead to long-term issues. In contrast, green beauty products are gentle, nourishing and suitable for all skin types (Pradumn Pagus, 2023).

Some of the key elements of sustainable skincare include:

- 1. Natural and organic ingredients: Sustainable skincare products typically use natural and organic ingredients that are sourced responsibly and grown without the use of harmful chemicals or pesticides. These ingredients are often biodegradable, meaning they break down easily and do not harm the environment.*
- 2. Eco-friendly packaging: Sustainable skincare products are often packaged in eco-friendly materials, such as glass, paper, or recycled plastic. This helps to reduce wastage and minimize the impact of the product on the environment.*
- 3. Responsible production and sourcing methods: Sustainable skincare brands typically use ethical production and sourcing methods, such as fair trade and cruelty-free practices. This ensures that the products are produced in a responsible and ethical manner that does not harm people, animals, or the environment.*

Safe skincare, on the other hand, refers to the use of skincare products and practices that are safe for your skin and overall health. This includes the use of products that are free of harmful chemicals and ingredients that can irritate or damage the skin. Three key elements of safe skincare are:

- 1. Non-toxic ingredients: Safe skincare products are free of harmful chemicals, such as parabens, phthalates, and sulfates, that can irritate or damage the skin.*
- 2. Dermatologist tested: Safe skincare products are often tested by dermatologists to ensure that they are safe for use on all skin types.*
- 3. Non-comedogenic: Safe skincare products are often non-comedogenic, meaning they do not clog pores and cause acne, or other skin issues.*

Based on Samson et.al, 2023, their studies investigated the long-term health and environmental impacts of organic skincare ingredients. Here we may conclude that sustainable and safe skincare go hand in hand through sustainable skin care practices and products being safe for both the environment and your skin. It is important to choose skincare products that are both sustainable and safe to ensure that you are taking care of your skin and the planet at the same time.

References:

Pagus, Pradumn (2023) Journal of Dermatology and Dermatologic Diseases "Eco-friendly and Sustainable Skincare." J Dermatol : 415 Volume 10:04

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