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Sophie Larouche-Guilbert

How do you make sure you choose products that are not harmful to your health?

Part 2 - Good Choices for Summer: Sunscreen and Deodorants

As we saw in the previous section, the ingredients in store-bought products are largely problematic, especially since we often coat them directly on our skin. The purpose of this section is to provide a list of trusted personal care products, especially those that are widely used during the summer season: sunscreen and deodorants.

1. Sunscreen

In summer as in winter, it is prudent to apply sunscreen to avoid skin cancer. However, the ingredients in some sunscreen products may contain endocrine disruptors, or even carcinogens! In fact, you should know that there are two main types of sunscreen on the market: chemical and mineral. The first type should be avoided since the main ingredients used, such as oxybenzone (4-MBC or benzophenone 3), retinyl palmitate or cinnamates, are known to be very harmful. The second type, although more natural, can however also be problematic. Indeed, the ingredients of mineral sunscreens are safer for your health, but they are sometimes found in the form of nanoparticles. The

**Association pour la santé environnementale du Québec / Environmental Health Association of Québec
(ASEQ-EHAQ)**

C.P. 364, Saint-Sauveur, Québec J0R 1R0 / P.O. Box 364, Saint-Sauveur, Québec J0R 1R0

☎ 514-332-4320 ☎ 450-227-4143 bureau@aseq-ehaq.ca / office@aseq-ehaq.ca

www.aseq-ehaq.ca / www.EnvironmentalSensitivities.com / www.ecoasisquebec.ca



effects of ingredients in the form of extremely fine particles are rather unknown, they do not bode well (Audet, 2018; Environmental health association of Nova Scotia, 2011). So, the best choice of sunscreen is a mineral sunscreen, but without nano particles. In Quebec, we can find this in the following products:

Green Beaver - Natural sunscreens <https://greenbeaver.com/fr/produits/creme-solaire-naturelle>

Attitude- Mineral sunscreen <https://labonneattitude.com/collections/solaire/adulte>

Druide - Sun cream

<https://druidebio.com/fr/produit/creme-solaire-spf-30/>

Zorah - Sun cream

<https://www.zorahbiocosmetiques.com/?s=solaire>

2. Deodorant

In the summer, it's hot and sweaty! To fight body odour, the industry offers deodorant products that neutralize the smell of sweat and antiperspirant products that block the pores of the armpits and thus the perspiration. Although more effective, antiperspirants have virtually no safe alternatives since they almost all use aluminum derivatives, an ingredient that is most likely to be harmful in the long term. It is therefore preferable to choose deodorants, while avoiding problematic ingredients such as synthetic fragrances, benzyl alcohol, BHT, parabens, etc. (Audet, 2017; Environmental health association of Nova Scotia, 2011).

For more information, [view the ASEQ list](#).

Here are some good choices for natural deodorants:

Green beaver - Natural deodorants

<https://greenbeaver.com/fr/produits/deodorant-naturel>

Earthwise

<http://www.earthwisenaturals.com/>



Lafe's Natural Crystal Rock

<https://lafes.com/products/lafes-crystal-rock-deodorant>

References

Audet, E. (2017). Controlling perspiration, naturally. La Presse +. Retrieved from https://plus.lapresse.ca/screens/95bc682b-3b7e-4292-9ffc-83f2698b614e__7C__0.html

Audet, E. (2018). Mineral screens on the test bench. La Presse +. Retrieved from http://mi.lapresse.ca/screens/60e18853-6a90-434a-8573-90455ddb2824__7C__0.html

Environmental health association of Nova Scotia. (2011). Guide to Less Toxic Products. Retrieved June 26, 2020, from <https://lesstoxicguide.ca/index.asp?fetch=personal#deodo>