

Nail Polish and Health

Your toes nails need polish free time for at least the fall and winter seasons to allow them to breath. We have pores in the nails that help us to detox. When we have nail polish for too long we damage our health. The more we keep the nail polish on our nails we start to have a yellowish color and that is a sign from your body that it is time to give your toes a rest. Unfortunately, yellowed toe nails sometimes also develop as a sign that a person has a fungal infection. The nail might just appear yellowed at first, but it may eventually become thick and crumbly, as infected toe nails often do.

There are very bad chemicals found in nail polish as Formaldehyde, Dibutyl Phthalate (DBP), Toluene and Camphor. These ingredients can typically be found in many polishes.

Formaldehyde

Formaldehyde is typically used as a preservative, a sterilizer, and to embalm bodies. It's also used in particle board and plywood because of its adhesive properties. Formaldehyde is often added to nail hardeners. Considering that formaldehyde has been connected to lung and nasal cancer, it is considered a known carcinogen by the International Agency for Research on Cancer.

Dibutyl Phthalate (DBP)

This chemical is used to make plastics that are extra-flexible, like shower curtains, rain boots, hairspray, and plastic wrap. Its goal in nail polish is to avoid cracks or chips. While DBP is not believed to be a carcinogen, it has been linked to reproductive issues if the mother is exposed to it while pregnant. Many companies are allowed to put DBP into products in the US.

Toluene

Often included in nail polish to make it apply more smoothly. Nail polish is also used in other applications such as gasoline, octane boosters and is also used as a raw material to create TNT.

Toluene has been known to affect the nervous system and to cause dizziness, headaches, eye irritation, nausea, birth defects, developmental abnormalities and liver and kidney damage.

Camphor:

Cause irritation to eyes, skin, and nose, nausea, vomiting, diarrhea, headache, dizziness, and uncontrollable muscle contractions.

Buffing:

This is the best option for some shiny natural nails. Use a four way buffer to shape nails, remove ridges, smooth the nail surface and give nails a shine without polish.

Be aware that too much buffing can cause friction, build up heat and weaken nails.

Your nails can take three to six months for your nails to grow from cuticle to tip. This is why it's important to gently buff your nails only when needed so that the same spot doesn't get buffed too much.

* If you still thinking on putting some nail polish on, there is not a total healthy 100% natural option, it will be positive to avoid a least the 4 ingredients mentioned above.

But is better to look for water based nail polish However, they are still chemical solvent in nail polish. Some of them contains about 60-70% natural ingredient, namely water. The remaining 30-40% of nail polish is mainly film-formers, typically acrylic copolymer, styrene-acrylic copolymer and polyurethane, or combinations of these. These film formers are unfortunately synthetic, not natural. They are the plastics that coat the nails after the polish dries.

The rest of the ingredients in water-based nail polish, after water and film formers, are film-forming aids, soap and colorants. They form the minor portion in the polish, and only account for 1-10%.

Water-based nail polish is about as natural as you can get.

* Some water base options brand will be Zoya, Suncoat, Pyggy Paint, Honeybee Gardens, RGB & Lvx.

Zoya: Eliminating toluene, camphor, formaldehyde, formaldehyde resin and DBP from its polishes.

Suncoat: Water based there is about 70% water, 1-3% natural colorants (namely earth pigments), and there is no phthalate of any kind.

Piggy Paint: Water-based, non-flammable, non-toxic nail polish that has an almost unnoticeable odor. They are hypoallergenic and cruelty-free.

Honeybee Gardens: water-based formula, nearly odorless and free of FD&C colors (synthetic food dyes that can be used in food, drink and cosmetics).

RGB: Water based cruelty-free, vegan and made in the U.S.

LVX: is vegan water based , cruelty-free and produced in the U.S.

Nail Polish removers:

Conventional nail polish removers use acetone and a cocktail of other chemical solvents, many of which are derived from petroleum and can cause health problems. Green varieties including acetone-free, water based, and cruelty free alternatives eschew most or all of these chemicals in favor of more earth and health friendly ingredients.

Look for:

1. Find acetone-free nail polish remover: Acetone is the key ingredient in conventional nail polish removers. While it is not a known or probable carcinogen, contact with high levels of acetone can be fatal. Inhaling moderate to high levels of acetone can lead to myriad health concerns, including fatigue, headaches, dizziness, nausea, vomiting, ear, nose, and throat irritation, dermatitis, and abdominal pain. This chemical solvent can contaminate waterways in production and pollutes indoor air.
2. Choose water or mineral based, instead of chemical solvent based, nail polish remover
3. Look for nail polish remover that does not employ animal testing:
Look for those products certified as cruelty-free by looking for products with the Leaping Bunny Logo or the Certified Vegan Logo.