



## Women's Health is the Price of Beauty Attitudes: The Use of Cosmetics and Heavy Metals

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Cosmetics can be defined as materials with synthetic nature that are used in body including face to give better appearance. The use of cosmetics may have several benefits such as cleaning, beauty, and attractiveness. However, beauty and cosmetics have been used as concepts since ancient times. Beauty products are varied and included skincare products, nail products, hair products, and others. These beauty products are likely to contain toxic chemicals with harmful nature such as sodium laureth sulphate, talcum, parabens, coal tar dye, heavy metals including lead, arsenic, nickel, cadmium, and mercury. These chemicals are accumulated overtime in the body leading to various adverse effects such as cancer, reproductive and developmental disorders, hair loss, lung damage, and autoimmune diseases. There are various routes for these chemicals to enter the body such as inhalation of perfumes, absorption of toxic chemical through skin, ingestion of chemicals in lip sticks through the mouth [1].

It has been reported that there is an existence of contamination of lead (pb) in cosmetics in different countries [2-5].

Fatima, *et al.* [6] conducted a study to identify lead concentration in topical cosmetics used in Sudan such as Lipsticks, foundation and face powder in Sudan. The study included 54 samples of commonly used cosmetics including lipsticks, face powder and foundation. Samples were analyzed for lead. Results showed that lead was detected in approximately 83% of lipstick samples within the range of 0.03-3.62 µg/g. Foundation samples (approximately 17%) were positive for lead within the range of 0.1- 0.17 µg/g. About 8% of face powder samples were positive for lead (0.63 µg/g).

Taken together, from a cultural point of view, humans, particularly women are derived to look for beauty for being accepted socially. This attitude has a high health price through exposure to heavy metals that have health impacts.

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