



# Beauty Products Go More Than Skin Deep

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Imagine you are going to your favorite day spa & salon. You're in for the works: a facial, manicure & pedicure, hair cut, color & style, and make-up application. Wow! After a treat like that, you probably look amazing, right?

Well, you might look amazing, but you might not feel so amazing if you knew what ingredients were in those typical beauty products. Let's take a closer look at what is happening, right under your very nose.

Many products used in spas and salons such as hair products, nail polishes, lotions, make-up, paraffin treatments and even paraffin candles contain petroleum-derived components. Petrochemicals can not only affect the environment, but they can significantly damage your health.

Some toxic ingredients found in beauty products are:

- **Acetone:** a solvent used in nail polish, nail polish removers and astringents that can cause dermatitis, nausea, ear, nose and throat irritation. Production processes can contaminate waterways and pollute indoor air.
- **Benzene:** a probable human carcinogen released from the heating of petroleum products such as paraffin.
- **Dibutyl Phthalate (DBP):** a phthalate, common in nail polish that adds shine and prevents chipping. Studies have shown it can interfere with normal hormone balance, can cause severe birth defects, and is a suspected carcinogen.
- **Formaldehyde:** used as a preservative in nail polishes, and is one of the world's most hazardous environmental compounds, according to the Environmental Defense Scorecard. It is a known carcinogen and can be detrimental to your eyes, throat and lungs.
- **Parabens:** a class of chemicals used as preservatives in cosmetic products that can mimic estrogen and could potentially be cancer-causing.
- **Phthalates:** Phthalates pollute the soil, water and air, and have been shown to cause liver, kidney, lung and reproductive system damage.
- **Toluene:** a solvent used to give nail polish its fluid quality and improve drying time. It is absorbed easily by the body through the skin or inhalation, and has been found to be toxic to the nervous system, kidneys and liver, and is possibly a reproductive disruptor.

These toxic chemicals found in beauty products are polluting both you and your environment. They come into contact with your body in the form of fumes that you breathe in, and chemicals that are absorbed when applied to your skin. Additionally, these products also cause major environmental damage to soil, surface and ground waters, eco-systems, and contribute to global warming.

Over time, these chemicals accumulate... imagine how hard your body, and our planet has to work to eliminate this tidal wave of toxins! Doesn't sound so beautiful anymore, does it?

Beauty products really do go more than skin deep, so it's important that you find an alternative solution! Eco-friendly, non-toxic hair, nail and body products are a safe option for you and your environment.

Now you can relax and experience "personal well-being from the inside out"™ with our beauty products and services at Full Circle Wellness Center. Spend an hour...or an entire day with us as we treat you to the ultimate in luxury with our eco-friendly hair services, advanced skin care treatments, luxurious body wraps, and non-toxic manicures and pedicures.



Our eco-friendly, organic hair color, perms and high-gloss keratin treatments are formaldehyde-free, ammonia-free and will transform your hair into the luscious locks you've been dreaming about!

Our botanically-based skin care and body products are free from artificial fragrances, parabens and phthalates. Plus, they smell good enough to eat and will catapult you into a dreamy state of euphoria and bliss!

Our nail polish lacquers are the longest wearing natural nail polishes available and are free of toxic toluene, formaldehyde and DBP.

Say good-bye to strong-smelling, toxic chemicals used for gel and acrylic nails. We have an eco-friendly, odor-free gel and acrylic alternative! You will be thrilled and delighted as you gaze down upon your beautifully groomed nails, knowing that they aren't detrimental to your health!

Our all-natural mineral cosmetics are made from pure, crushed minerals. They contain no sensitizing agents, parabens or phthalates, and their spectrum of mineral pigments are guaranteed to give you that flawless finish you've been looking for!

**DID YOU HEAR THE NEWS???** Full Circle Wellness Center has moved to the North Valley, nestled into the friendly Village of Los Ranchos de Albuquerque. We are located at 7708 North Fourth Street, just South of Ranchitos. Come see our new building and experience our hospitality... you're going to Love it here! Gorgeous Gift Cards available. Free Gift Wrapping. Feel the joy of giving the gift of wellness.

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