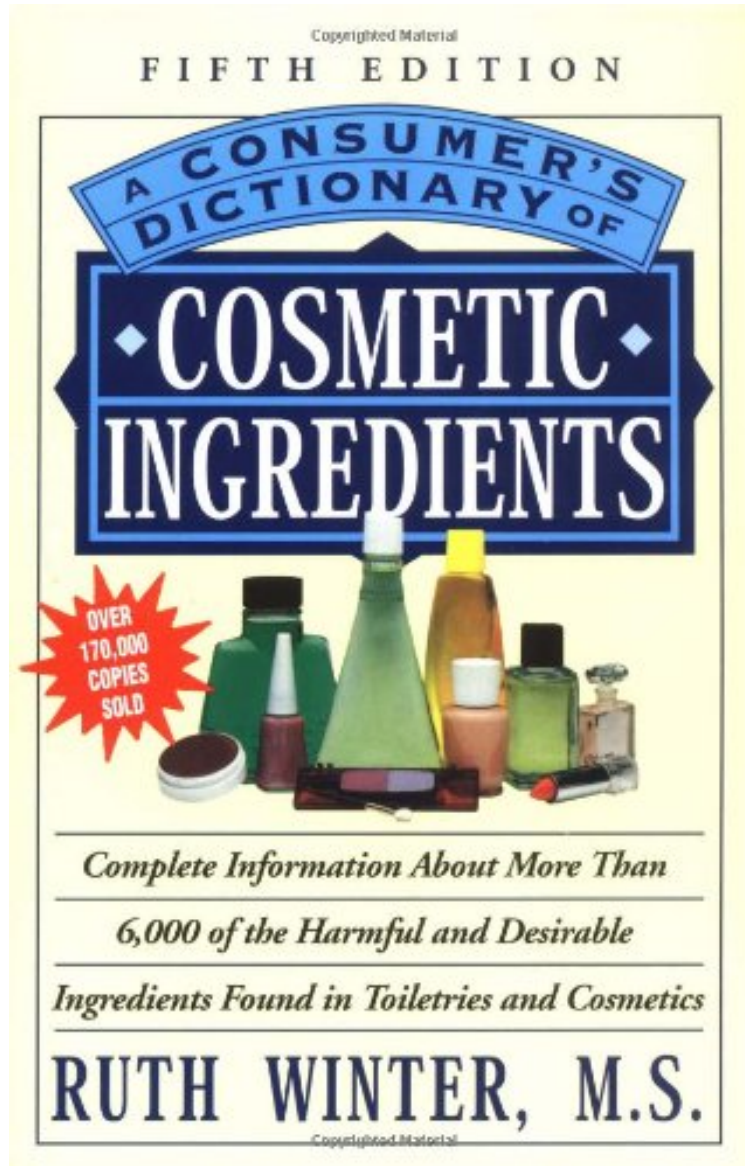


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## A Consumer's Dictionary of Cosmetic Ingredients

Ruth Winter

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ColorgirlAre you having reactions from certain products and can not figure out why?Perhaps there is an ingredient that is the culprit. This book will help you identify what certain ingredients are used for in cosmetics, and in many cases, why a person could be allergic.I think that it is a great resource, although I find that it tiptoes around some things - I guess the author did not want to start panics by sounding too doom and gloom.However, enough information is in the book, and it is set up well enough to allow for you to get the information you need with the ease of a good dictionary. I would say it is a good reference to have.I found it to be very interesting, enlightening, and helpful reading. If you are at all interested in what ingredients you are putting on your body, this book is a must have. You might be surprised at what they are made of and what else they will do to you!6 of 6 people found the following review helpful. Education Empowers You!!By A Book LoverThis dictionary is SO POWERFUL! I literally will not go shopping for beauty products unless I have it with me as a quick reference. I'm sure people at the mall or drugstore look at me like I'm insane, but I don't care because I have so much more money in my purse now that I'm not wasting it on false claims on what a beauty product will do. For instance, why should you pay \$30 for a pretty bottle of designer face cream.....when all it is composed of is a base of cheap, man-made mineral oil and water!?! READ THE LABEL!!! I highly recommend the next time you have the urge to buy that next luxury bath or body product - stop - get and read this book first, and then decide rather or not that product is worth all that money.

The fifth edition of this classic guide, first published in 1978, continues the tradition of being the most up-to-date, complete, and trusted reference for taking the guesswork out of choosing safe and effective cosmetics and toiletries. The more than 6,000 entries include 1,400 newly developed chemicals (along with hundreds more whose names have been changed by the manufacturers since the last edition of this book was published in 1994). Virtually every chemical found in toiletries and cosmetics, from body and face creams to toothpaste, hand lotion, shaving cream, shampoo, soap, perfume, and makeup, is evaluated, including those ingredients marketed as being all natural, for children, and for people of color. The book's alphabetical arrangement makes it easy to look up the ingredients in the products you use. With more substances than ever in products we use every day--and with the continuing deregulation of the cosmetics industry--this book is more indispensable than ever.

.com You wouldn't eat something without knowing what it was--don't you want to take the same care with what you put on your face, hair, and body? Find out what's in that shampoo, makeup, toothpaste, lotion, or perfume here, with more than 6,000 entries, organized alphabetically. Cosmetics are barely regulated these days, leaving it up to you to learn what those strange-sounding names mean and how they might affect you. For example, did you know these intriguing tidbits? Abietic acid, a texturizer in soaps, is harmless when injected into mice but causes paralysis in frogs. The American Medical Association frowns on medicated makeup, because their potential to do harm often outweighs their benefit. Mayonnaise is as effective a dry-hair conditioner as the expensive preparations. Milk is a good face wash, but you'd better rinse it off well, or rancidity will give rise to bacteria that will cause pimples. Don't skip the introduction, a provocative discussion of "cosmeceuticals," anti-aging products, what's really meant by the word "natural," "culture and cosmetics," and what to do if you have an adverse reaction. This is the fifth edition of this guide, which originally appeared in 1978. Even if you own the fourth edition, you'll want to update, because this edition includes 1,400 newly developed chemicals and hundreds of name changes. --Joan PriceFrom the Inside FlapThe fifth edition of this classic guide, first published in 1978, continues the tradition of being the most up-to-date, complete, and trusted reference for taking the guesswork out of choosing safe and effective cosmetics and toiletries.The more than 6,000 entries include 1,400 newly developed chemicals (along with hundreds more whose names have been changed by the manufacturers since the last edition of this book was published in 1994). Virtually every chemical found in toiletries and cosmetics, from body and face creams to toothpaste, hand lotion, shaving cream, shampoo, soap, perfume, and makeup, is evaluated, including those ingredients marketed as being all natural, for children, and for people of color. The book's alphabetical arrangement makes it easy to look up the ingredients in the products you use. With more substances than ever in products we use every day--and with the continuing deregulation of the cosmetics industry--this book is more indispensable than ever.About the AuthorRuth Winter, M.S., is an award-winning science writer who is nationally known for her many books and for her magazine articles in Family Circle, Woman's Day, Omni, and Reader's Digest. She is also the author of A Consumer's Dictionary of Food Additives and A Consumer's Dictionary of Medicines: Prescription, Over-the-Counter, Homeopathic, and Herbal.