

Mindful Mum | Safe Toiletries Comparison Matrix

Comparison table of organic and chemical free toiletries for babies in UK

| Brand and Product Name | Phthalates | Parabens | Sodium Lauryl/ (SLS) | Cosmetic Database Score* | Organic Body** | Made In | Safe Cosmetics Member*** | Safe Cosmetics Compliant | Packaging Recyclable | Tested on Animals | Size (ml) or Weight (g) | Prices from |
|---------------------------------------|------------|----------|----------------------|--------------------------|----------------|---------|--------------------------|--------------------------|----------------------|-------------------|-------------------------|-------------|
| miEssence | | | | | | | | | | | | |
| Baby Barrier Balm | No | No | No | 0 | ACO | Aus | Yes | Progressing | Yes | No | 10 g | £12.59 |
| Baby Bottom Cleansing Gel | No | No | No | 0 | ACO | Aus | Yes | Progressing | Yes | No | 150 ml | £21.79 |
| Baby Bottom Mist | No | No | No | 0 | ACO | Aus | Yes | Progressing | Yes | No | 30 ml | £10.29 |
| Pur Babies | | | | | | | | | | | | |
| Organic Chamomile Baby Wash | No | No | No | 2 | SA | UK | Yes | Progressing | No Data | No | 200 ml | £5.75 |
| Organic Aloe Vera Baby Lotion | No | No | No | 2 | SA | UK | Yes | Progressing | No Data | No | 200 ml | £7.75 |
| California Baby | | | | | | | | | | | | |
| Super Sensitive Bubble Bath | No | No | No | 0 | - | USA | Yes | Yes | Yes | No | 390 ml | £13.00 |
| Calming Everyday Lotion | No | No | No | 1 | - | USA | Yes | Yes | Yes | No | 195 ml | £10.50 |
| Calming Non-Burning Diaper Area Wash | No | No | No | 1 | - | USA | Yes | Yes | Yes | No | 195 ml | £10.50 |
| Calming Shampoo & Bodywash | No | No | No | 1 | - | USA | Yes | Yes | Yes | No | 255 ml | £10.50 |
| No Fragrance SPF 30+ Sunscreen Lotion | No | No | No | 1 | - | USA | Yes | Yes | Yes | No | 86 ml | £18.75 |
| Weleda | | | | | | | | | | | | |
| Calendula Baby Cream (Diaper Care) | No | No | No | 3 | - | Varied | Yes | No | Yes | No | 75 ml | £5.95 |
| Calendula Baby Oil | No | No | No | 0 | - | Varied | Yes | No | Yes | No | 100 ml | £6.95 |
| Children's Tooth Gel | No | No | No | 1 | - | Varied | Yes | No | Yes | No | 50 ml | £2.50 |
| Calendula Baby Lotion | No | No | No | 4 | - | Varied | Yes | No | Yes | No | 150 ml | £6.95 |
| Calendula Baby Soap | No | No | No | 3 | - | Varied | Yes | No | Yes | No | 100 g | £4.50 |
| Calendula Shampoo & Body Wash | No | No | No | 6 | - | Varied | Yes | No | Yes | No | 200 ml | £5.85 |
| Green Baby | | | | | | | | | | | | |
| Organic Sleep Balm | No | No | No | No Data | SA | UK | No | No | No Data | No | 50 g | £6.99 |
| Organic Chest Rub | No | No | No | No Data | SA | UK | No | No | No Data | No | 50 g | £6.99 |
| Calendula Balm | No | No | No | No Data | SA | UK | No | No | No Data | No | 50 g | £6.99 |
| Nappy Balm | No | No | No | No Data | - | UK | No | No | No Data | No | 50 g | £2.99 |
| Baby Powder | No | No | No | No Data | - | UK | No | No | No Data | No | 65 g | £5.99 |



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| Aubrey Organics Baby Range | | | | | | | | | | | | |
| Natural Baby Body Lotion | No | No | No | 2 | - | USA | Yes | Progressing | Yes | No | 237 ml | £6.99 |
| Green People Organic Babies | | | | | | | | | | | | |
| Organic Baby Salve | No | No | No | No Data | SA | UK | Yes | No | Yes | No | 150 ml | £7.25 |
| Bath & Shower Gel with Lavender | No | No | No | No Data | - | UK | Yes | No | Yes | No | 200 ml | £5.75 |
| Neal's Yard Baby | | | | | | | | | | | | |
| Baby Barrier | No | No | No | No Data | - | UK | No | No | Yes | No | 225 g | £13.10 |
| Baby Bath - Shampoo | No | No | No | No Data | - | UK | No | No | Yes | No | 100 ml | £6.80 |
| Avalon Organics Baby Avalon | | | | | | | | | | | | |
| Tear Free Shampoo | No | No | No | 3 | OC/PRO | USA | Yes | Progressing | Yes | No | 235 ml | £6.99 |
| Nourishing Baby Lotion | No | No | No | 2 | OCIA | USA | Yes | Progressing | Yes | No | 175 ml | £6.99 |

*Cosmetic Database Score

Cosmetic Database Score (0-10, where 0 is least hazardous). Launched in Skin Deep, by the Environmental Working Group (EWG), the database of cosmetics and skin care provides an online safety guide for your family.

**Organics Certification Bodies

UK: Soil Association (SA) & Demeter,
 Australia: Australian Certified Organic (ACO),
 US: Organic Crop Improvement Association (OCIA)
 Canada: Organic Pro-Cert OC/PRO)

***Safe Cosmetics Campaign

The Campaign for Safe Cosmetics is a coalition of public health, educational, religious, labour, womens, environmental and consumer groups working to protect the health of consumers and workers by requiring the health and beauty industry to phase out the use of dangerous chemicals and replace them with safer alternatives. Through the Campaign, as of May 2007 over 500 companies have joined the effort by signing the Compact for Safe Cosmetics. Environmental Working Group is a founding partner of the Campaign.

Sources: Various Manufacturers Online Information Sept2009, EWG's Cosmetic Database Sept 2009



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Chemicals to avoid when buying baby toiletries

Phthalates

Phthalates are used in the manufacture of plastics, lubricants and solvents, and are found in cosmetics, medical equipment, toys, paints and packaging. The University of Rochester team, New York, found exposure to the chemicals was linked to a higher risk of genital abnormalities in baby boys. Several types of phthalates are already banned in Europe (including use in toys). The UK government is looking at how the regulation of hormone-disrupting chemicals could be made more effective under a new EU chemicals law. It is thought that of the adverse health effects of phthalates include: Early puberty in girls, Premature delivery, Impaired sperm quality and sperm damage in men, Genital defects and reduced testosterone production in boys, Genital defects and testicular cancer.

Parabens

Parabens are widely used synthetic preservatives found in many cosmetics and personal care products. In 2004, a British study found parabens in the breast cancer tumours of 19 of 20 women studied. Parabens mimic oestrogen in the human body. Writing in the *Journal of Applied Toxicology*, their tests suggested the chemicals had seeped into the tissue after being applied to the skin. While there is no further evidence parabens cause cancer, the scientists have called for the use of parabens to be reviewed

Sodium Laureth/Sodium Laurel Sulfate (SLS/SLES)

Sodium Laureth/Sodium Laurel Sulfate is found mainly in shampoos and body washes, but also in toothpaste, mouthwash, and detergents to name just a few. SLS's are a foaming agent and give shampoos and the like that thick "luxurious" foam that makes it seem like you're getting cleaner when you're really not. SLS's are a penetration enhancer, and known skin irritant and are even used in some toiletries labelled for 'sensitive skin.'

