*Decoding Toxic Nail Polishes*

Nail polishes that are conventional and in the mainstream contain three chemicals that are particularly dangerous. The first is Dibutyl Phthalate (DBP) which is an ingredient often used in plastics to make them more flexible. DBP could have dangerous effects on developmental growth, reproduction and is in fact very toxic. It is included in nail polishes outside the European Union to minimise chipping. The Second chemical is Formaldehyde which is a possible carcinogen, meaning it could cause cancer. The third chemical is Toluene which is a highly hazardous chemical found in petroleum that is also toxic with prolonged exposure

**5-Free** nail polishes do not contain these three ingredients, and in addition do not contain Formaldehyde Resin or Camphor

Tosylamide/Formaldehyde Resin, also called Toluenesulfonamide/Formaldehyde Resin, is a soft resin made with Toluenesulfonamide and Formaldehyde.

Tosylamide/Formaldehyde Resin is used in nail polishes to make them tough and resilient, shiny and longlasting.

**Side effects**

Formaldehyde is toxic and carcinogenic yet Tosylamide/Formaldehyde Resin is considered to be safe. That’s because the chemical process used to make this resin completely changes the structure of Formaldehyde so that it is present in very minimal concentrations (usually 0.2%) or even not at all. However, this resin can cause allergies in some people.

Camphor is included in nail polishes to give a glossy shiny appearance. It is actually a nasty ingredient that can cause your nails to go yellow and dry out. Inhaling its fumes causes nausea, dizziness and headaches and when applied topically, causes severe skin irritation and allergic reactions.