

# No More Dirty Looks



Have you ever read the back of your shampoo bottle and wondered what all those ingredients actually are? Then No More Dirty Looks by Siobhan O'Connor and Alexandra Spunt is for you. The beauty product industry is both huge and powerful and generally don't want consumers to know that most of their products contain thousands of chemicals that can readily be absorbed through our skin. Many of these chemicals are known irritants, and some are possible carcinogens.

Other than some very eye opening information, the best part about this book is the authors researched and suggest some very practical alternatives to most big name brands. Their advice isn't to abandon all products and quit washing your hair forever. On the contrary, they are women who enjoy a nice smelling lotion, but are also concerned about the 20 or so ingredients listed on the back. Several of the major chemical offenders are detailed in the beginning of this book, as well as a history of the beauty products industry and the FDA's regulation (Or lack thereof). There are also sections that are broken down into hair care, face care, makeup, body products, and nail polish. These chapters recommend name brands, some of which I was able to find locally, and tips for creating products at home. This book is accessible, practical and despite some scary news, pretty funny.

As a companion book, I would also recommend Don't Go Shopping for Hair-Care Products Without Me and Don't go to the Cosmetics Counter Without Me by Paula Begoun. These books review all brands of beauty products and recommends based on performance. While not necessarily focused on natural products, these books was still helpful as I tried to find the right products for me. Also helpful in the back of the Hair Care book is a list of Best Fragrance Free products and a list of companies that do and do not test on animals.

Posted by sbowman on April 5, 2011

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