

Health Review of Products

Product: LIPSTICKS

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They say a Lady's make up kit without a lipstick is incomplete. Having gained its usage back dated to the time of Elizabeth I. A lipstick is that colorful substance we rub on our lips. And let me establish the fact that lipsticks are used by men too. Which necessitate why either you are man or woman, this review is meant for you.

One of the earliest material used as an additive for lipstick is the Red Mercuric Sulfide. Towards the middle of the nineteenth century, lipsticks almost went into extinction as its usage was limited and tagged the ladies that use it as being promiscuous. But the early twentieth century marked a significant change in people's acceptance of it. Nowadays almost everyone has it in their home based on its cosmetic value. But its health value needs to be considered too.

Primary ingredient of Lipsticks

1. Wax
2. Oil
3. Mineral & Pigment

There are other products used for the making of lipsticks which include Ultra violet filter, Antioxidants, Perfumes, Preserving agent.

Let review each of these contents one after the other

Wax

The wax commonly used in lipsticks are either be beeswax, candelilla wax or carnauba wax.

Beewax: one of its importance is that it helps us benefit from the efficacy of a honey such as reducing itching on the lips. It is a safe ingredient to swallow but being allergic to honey can be a disadvantage of using beeswax in making lipstick.

Candelillawax: in every lipstick containing candelilla has this special gliding effect when applied to the lips. You apply a small amount and the whole lips is occupied already. Its glossy effect cannot be overemphasized too, which is one of its advantage over beeswax. But its content in lipstick should be between a range of 1-25%. It is for external use alone. Which is why you have to avoid it being swallowed at all cost because you might not know the content present in your own lipstick brand.

Carnauba wax: one of the best waxes used in lipstick is carnauba wax but it's relatively expensive. It is a plant-derived product which makes it harmless to humans. It also has a good glossy (smooth and soft skin) effect.

Mineral & Pigment

Minerals added to lipsticks account for the color. Metals in lipstick include any of these; Chromium, Mica, Titanium, Cadmium, Aluminum, Manganese and Lead. Though they come in low doses but their accumulative effect can be dangerous to your health especially lead in which when deposited in the body cannot be removed. Unfortunately, most lipstick companies don't indicate the type of metal used. So my advice is to make enquiry about yours and stick to one brand of lipstick.

Oil

Oil used in lipstick can be lanolin oil, castor oil, Shea butter vegetable oil etc.

Lanolin Oil: In lipstick, lanolin is good for health especially when it is not swallowed. Which is one of the harmful habits that needs to be avoided while lipstick is on. For those having a dry skin, lanolin oil is efficient for you.

Caster Oil: its application on the lips can be due to its healing effect on the skin and keep your lips hydrated. It not good for pregnant women as it can induce labour.

Shea butter: not common in most lipsticks but its anti-aging properties can be maximized. It is good for all type of lip skin. Is also a good source of vitamin A & E.

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