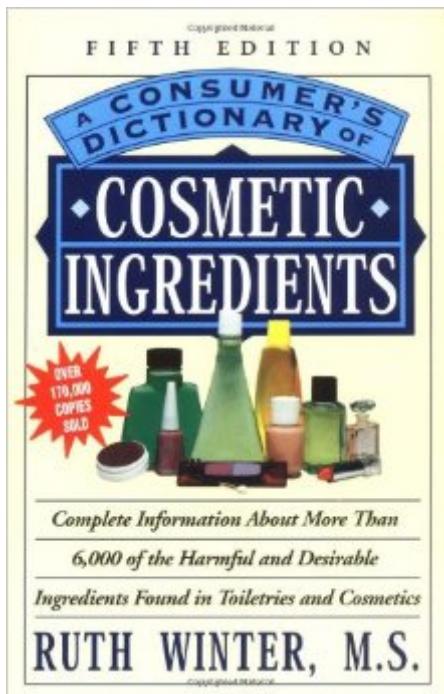


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# A Consumer's Dictionary Of Cosmetic Ingredients



## **Synopsis**

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.

## **Book Information**

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## **Customer Reviews**

yes this book does tell you what purposes many of the ingredients have. for example, "as an emollient", "as a thickening agent", "a preservative", etc. this book is a consumer's guide, not a text book teaching you about chemistry and cosmetic formulation, so there's no need to be too technical. i have very sensitive skin that's prone to allergies. i used to waste a lot of money on cosmetics because almost everything will give me rashes. when i was tested by an allergist i was reacting to every single sensitizer i received. now i use this guide to learn about ingredients and sort through the vast inventory of beauty products to find the right one. i just bought a newly updated

version as the older version did not cover all the newest ingredients.

The 6th edition of Ruth Winter's **A CONSUMER'S DICTIONARY OF COSMETIC INGREDIENTS**, first published in 1978, contains an excellent 40 page introduction covering everything from the state of cosmetics regulations, safety concerns, basic ingredients, and what to do if you have an adverse reaction, to an annotated list of organizations concerned with cosmetics safety. This detailed book is over 500 pages with thousands of entries of varying lengths--from a line or two to a paragraph. There are some longer entries of 2 or more pages on a key topic like sunscreen. The information covers more generic cosmetics, like cold cream or lipstick, as well as more technical ingredients and chemicals that you may find in specific products. In addition to a 3-page bibliography, there are two useful Appendices: "Common Label Warnings--Pay Attention!" and "Nail Safety."

This eye opening cosmetic ingredient dictionary is the perfect tool for checking out the ingredients in any cosmetic product. There has not been anything left out of the more than 5,000 listings. Ruth Winter has a science background and puts it to good use by telling the reader if the ingredient is allergenic, carcinogenic, or has no known toxicity. In comparison to Aubrey Hampton's "What's In Your Cosmetics?", Winter's book wins without a doubt. Hampton pays too much attention to listing information on natural ingredients and not enough of toxic ones. As a cosmetic ingredient researcher, I appreciate the convenience of having this resource at my fingertips, and you will too!

I use Ruth Winter's books on **COSMETIC INGREDIENTS**, **MEDICINES**, and **FOOD ADDITIVES** as reference books and find them quite helpful and informative. It is absolutely amazing how many ingredients can be listed on the back of a jar of cleansing cream, a tube of hand cream, or a can of soup. Simply identifying the salt and sugar isn't enough. We need to know about food substitutes, as well as other ingredients, many of them added to improve the appearance of the substance for sale, that can harm us and/or interfere with prescription drugs. Now, you may be concerned about what is in your prescription medication, but if you are like most of us, you probably take over-the-counter drugs without a thought. After all, if they don't have to be licensed and disseminated by a pharmacy, they must be okay. Right? Wrong!! There is something called a synergistic effect. For example, consumers have been warned recently about the interaction between ibuprofen and statin drugs. Unfortunately, by the time the government steps in, many people may have been harmed. It pays to be informed and Winter's books are a good step in that direction. I am a big fan of herbal remedies, but they need to be subjected to research and review in

the same way synthetic drugs are studied. Heck, Parsley, can cause skin irritations. If you want to acquire a little light on the subject of ingredients, consider buying all Winter's books. She has been published in Family Circle and Reader's Digest magazines as well as Homeopathic and Herbal publications. Her books are so effective, I wonder how long it will be before the government kills the messenger, not by silencing Winter, but by withholding the identity of the contents of various products and reversing the 'truth in labeling' and 'organic measures enacted in the past. Of course, they can and do go to the other extreme and ban items that are only harmful if they are misused.

Once again Winter has provided her readers with a wealth of information in choosing cosmetics and cosmeceuticals. With the array of health and beauty products available to consumers today, it is important to be an informed shopper. By categorizing, explaining, and simplifying the overwhelming list of typical ingredients, Winter empowers her audience to read the labels carefully and select a product that is both healthy and appropriate. After reading several of Winter's books on foods and cosmetics, I now consider myself a wiser - and healthier - consumer.

This book has enabled me to read just about any ingredients list and understand it fairly well, and I have changed some purchasing habits for the better because of it.

I have to say that I was quite disappointed with the 5th edition of this book. Another reviewer made the observation that Winter tip-toed around a lot of issues and I echo that observation. I feel that it weakens the work. There are a number of ingredients whose potential dangers I have read about but I couldn't find any further information in this book. What am I supposed to conclude? That these controversial ingredients are perfectly safe because Winter says "On the basis of available data, the CIR Expert Panel concludes that this ingredient is safe for topical application in the present practices of use and concentration as a cosmetic"? Granted, there were many ingredients that did get a more fair review. Also, this last edition was printed in 1999 and I think we know a lot more now. As a matter of fact, I think that many "bad" ingredients have stopped being used, at least by some of the more conscientious companies. So, I think it's time for a new edition, one that takes into account the progress that has been made in the cosmetics industry and the desire for today's consumers to know about more current research studies. I would recommend Milady's Skin Care and Cosmetic Ingredients Dictionary by N. Michalun, et al, and the Don't Go Shopping books by Paula Begoun over this one. This book is not worth the money and I would almost like my money back.

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