

Have a Happy and Contaminant-Free Holiday Season

Who's on your list this holiday season? Think about making or buying gifts that don't unintentionally pollute water downstream! Many personal care gifts contain chemicals called "contaminants of emerging concern" (CECs) that are harmful to wildlife, even in small concentrations. Use this guide to find or make contaminant-free gifts. This season, give your friends and family the gift of clean waters!

GIFT GIVING

Find great contaminant-free products at Golden merchants. Mix and match to make your own gift baskets. Check labels for contaminants like fragrances, benzophenone, butylated hydroxyanisole (BHA), musk ketone, triclosan and n-butylparaben. These contaminants are found in cosmetics, soaps, bath and beauty products.

Artificial fragrances are either known or suspected to be carcinogens that do not readily biodegrade. A product contains artificial fragrance if fragrance or perfume is listed as an ingredient. Avoiding artificial fragrances is easy – stick to unscented products or products that use plant-based fragrances. Cosmetics can contain the preservative BHA and the UV-blocker benzophenone. These contaminants are thought to be endocrine disruptors, meaning that they disturb hormonal balances, and harm wildlife and possibly human health. Methylparaben is a preservative used in cosmetics that may also disrupt the endocrine system by acting like estrogen.

Antibacterial soaps, gels, and

toothpastes may list triclosan as an ingredient. Triclosan does not make hands or teeth cleaner, and it is harmful. It can cause thyroid disorders in wildlife and produce harmful pollutants when exposed to sunlight on surface waters. Read the labels of all personal care and household products, and avoid anything that contains triclosan.

MAKE IT!

Making presents yourself is a resourceful and inexpensive way to offer beautiful and contaminant free gifts. Check out the recipes below for some easy gift ideas.

Olive Oil Moisturizer

This light, nourishing moisturizer works well for the face and neck but can be used all over the body. Grape seed, jojoba, and other light oils work as well.

- 1-3 ounces pure, extra virgin olive (or other) oil
- A few (3-5) drops of essential oil, such as lavender, neroli, or rose, for fragrance. (Essential oils can be found in the personal care section of stores that carry natural and organic products.)

Fill a clean glass container with oil then add the essential oil. Stir or turn container upside down a few times to mix.

Bath Powder

- ½ cup cornstarch
- 2 tbsp. arrowroot powder
- 2 tsp. baking soda
- A few drops of essential oil

Mix all ingredients well, and let stand three days. Sift through a flour sifter, and put into a powder shaker.



Lip Balm

- ¼ cup sweet almond oil
- ¼ ounce beeswax (Beeswax can be found in stores that sell candle and soap making supplies.)
- A few drops of essential oil

Pour ¼ cup almond oil into a larger measuring cup and heat in a saucepan of warm water. Slowly add beeswax and wait for it to completely melt. Use an old metal spoon to blend. Add in five drops of essential oil at a time.

To test mix: Remove spoon, leaving a bit of the oil and wax mix on the spoon. Put in the refrigerator to cool, then use your finger to test consistency. Add oil or wax as needed. When mixture is just right, spoon into jars and let cool.

Naturally Scented Moisturizer

Add natural essential oils to unscented moisturizer in reused glass containers to create a personalized and contaminant-free holiday gift.

- 4 ounces unscented moisturizer
- 15 drops essential oils

Pick a blend:

- 8 drops orange oil and 7 drops rose oil
- 8 drops grapefruit oil and 7 drops clove oil
- 9 drops lemon oil and 6 drops oregano oil