achs.edu

# Exploring Sustainable, Chemically Conscious Beauty and Business

With Jessica Goss

Skip to Webinar Recording

All rights reserved. © American College of Healthcare Sciences 2021

5005 S. Macadam Ave, Portland, OREGON •
achs.edu/consumer-disclosures • DEAC ACCREDITED

## Presenter Bio:

# Jessica Goss

Jessica began pursuing her BS in Integrated Health Sciences through ACHS in September of 2018. After 15 years in a busy salon, she changed the beauty game on the Olympic Peninsula, opening the first eco-friendly, chemically conscious salon and healing space, An Herb & Love Story, in March of 2019.

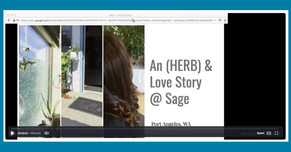
achs.edu

# Exploring Sustainable, Chemically Conscious Beauty and Business

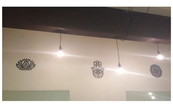
## Watch the video recording of "Exploring Sustainable, Chemically Conscious Beauty and Business"

Jess educates viewers on building a business that is centered on wellness, wholeness, and connection. Experience holistic, plastic-free hair care in a whole new way.

Watch Here




### Creating the feel...

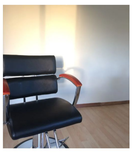


Adding energy to the space was important as a level 2 Reiki student.

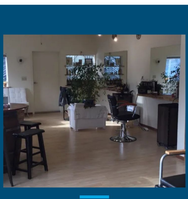
**The space was previously a gym for a personal trainer. It needed a lot of work. Yellow and TerraCotta are not the colors that people like to see reflecting on their color. We knew we wanted the space to feel light and bright with lots of natural light, rustic wood, and plant life.**

The salon started to come together!

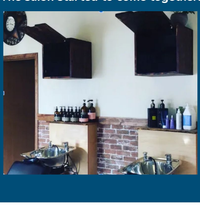
### A dream in the making.....



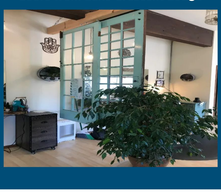
Clean lines and a limited color palatte help minimize the feeling of chaos and allow our clients to enjoy a space that has a clean, serene feeling.



### The salon started to come together!



### Adding history & community with repurposed doors from Lake Crescent Lodge



## OWAY

**Oway is the cleanest professional line that I have found. They have a BEAUTIFUL biodynamic farm in Italy.**

This 6 minute video really explains the holistic approach to products from the ground to the salon and ultimately to the bloodstream of each guest.

## Dermal Absorption

Dermal absorption is the transport of a chemical from the outer surface of the skin both into the skin and into the body. Studies show that absorption of chemicals through the skin can occur without being noticed by the worker, and in some cases, may represent the most significant exposure pathway. Many commonly used chemicals in the workplace could potentially result in systemic toxicity if they penetrate through the skin (i.e. pesticides, organic solvents). These chemicals enter the blood stream and cause health problems away from the site of entry.

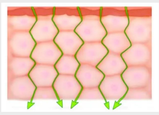


**Figure 1: Intercellular lipid pathway**

As shown in Figure 1, the stratum corneum consists of cells known as corneocytes. The spaces between the corneocytes are filled with substances such as fats, oils, or waxes known as lipids. Some chemicals can penetrate through these lipid-filled intercellular spaces through diffusion.

Retrieved from: https://www.cdc.gov/niosh/topics/skin/default.html#fig1

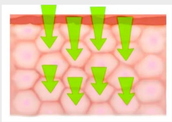


**Figure 2: Transcellular permeation**

As shown in Figure 2, another pathway for chemicals to be absorbed into and through the skin is transcellular, or cell-to-cell, permeation whereby molecules diffuse directly through the corneocytes.

Retrieved from: https://www.cdc.gov/niosh/topics/skin/default.html#fig2

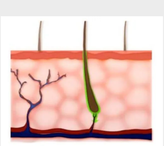


**Figure 3: Through the appendages (hair follicles, glands)**

As shown in Figure 3, the third pathway for diffusion of chemicals into and through the skin is skin appendages (i.e., hair follicles and glands). This pathway is usually insignificant because the surface area of the appendages is very small compared to the total skin area. However, very slowly permeating chemicals may employ this pathway during the initial stage of absorption.

Retrieved from: https://www.cdc.gov/niosh/topics/skin/default.html#fig3

## UP NEXT

**Ingredients to avoid**

**Sustainability**

All rights reserved. © American College of Healthcare Sciences 2021

5005 S. Macadam Ave, Portland, OREGON •
achs.edu/consumer-disclosures • DEAC ACCREDITED

achs.edu

# Ingredients to avoid

**Use adequate skin protection.**

**Red cause long term health problems. They should be avoided. The yellow cause short term issues, try to minimize as much as possible, limit time of contact, and take safety precautions like ventilation, and adequate skin protection.**

**Toluene:** Nail polish, nail glue, hair dye, wig glue/hairpiece bonding. Short Term Issues: Dizziness, headaches, skin rashes, eye, nose, throat irritation. Long Term Damage: Liver damage, kidney damage, birth defects, pregnancy loss

**Cyclopentasiloxane or cyclomethicone:** Flat iron sprays, thermal protection sprays. Under the high heat of a flat iron, cyclopentasiloxane creates formaldehyde. Short Term Issues: Formaldehyde leads to breathing problems, coughing, wheezing, skin rashes, eye, nose, throat irritation. Long Term Damage: Formaldehyde exposure may cause cancer, dermatitis

**2-butoxyethanol or Ethylene glycol monobutyl ether:** Disinfectants, cleaners. Short Term Issues: Headache, eye and nose irritation. Long Term Damage: Reproductive toxin.

**P-phenylenediamine :** Hair dyes, black henna tattoos. Short Term Issues: Skin irritation. Dermatitis

**Glyceryl thioglycolate:** Permanent wave solutions, "acid perms" . Short Term Issues: Skin irritation. Dermatitis

**Ammonium persulfate:** Hair bleach. Short Term Issues: Eye, skin and nose irritation, coughing, shortness of breath. Asthma, dermatitis

**Take safety precautions like ventilation.**

## Silicones

- Block out hydration resulting in a moisture barrier that eventually causes breakage
- Adding heat creates a "laminating" effect

## Bad Siilicones to Be Aware Of

As with most beauty products and ingredients, not all silicones are created equal, "Bad" silicones (including dimethicone, cetyl dimethicone, cetearyl methicone, dimethiconol, stearyl dimethicone, cyclomethicone, amodimethicone, trimethylsilylamodimethicone, and cyclopentasiloxane) are the ones that are not water-soluble

*"The adverse effects of the fragrance constituents as phthalates, parabens, glutaraldehyde, hydroperoxides, oil of turpentine, metals, nitro musks, and essential oils, among others, are being identified. The endocrine-immune-neural axis perturbation pathways of these chemicals are being proven. Despite the revelations of cause-effect nexus, a majority of the vulnerable populations are unaware and unmotivated to avoid these 'slow poisons'....In this regard, a number of pathologies triggered by fragrance exposure, yet proven only scantily have been hypothesized. Analysis of the health issues from multiple facets, including the pivotal 'stressors - extracellular acidosis - aromatase upregulation - estrogen hyperproduction - inflammation' link has been proposed."-Seema Patel*

**Not all silicones are created equal.**

achs.edu

# Sustainability

**Glass can resist high heat and will not alter the aroma or flavour of the product.**

## Why Glass?

From OWAY: "7 years ago we decided to intervene on the last link in the supply chain, by eliminating plastic containers and embracing glass and aluminium for all our product lines. Since then, we have used pharmaceutical and food glass because of its rare ability to preserve what biodynamics, research and green and clean chemistry achieve in order to make our treatments unique.

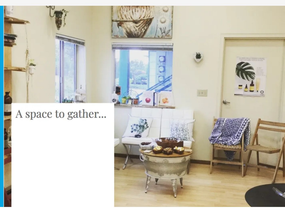
Glass packaging is designed to resist high heat, to protect food from light and to remove any possible chemical interaction with the food contained inside. All without altering aromas and flavours and preserving the taste of the product"

## 150 Million Pounds

**Why glass? "This year alone, salons across the United States will contribute more than 150 million pounds of unrecycled foil, toxic chemical waste, and plastic bottles to landfills and water systems." -Benjamin Novak Hudgins**

SUSTAINABLE BUSINESS AND COMMUNITY

## Creating a space that is truly a community.



## References


CDC. Skin Exposures and Effects. 2019. Retrieved from:https://www.cdc.gov/niosh/topics/skin/default.html#Fig1

Hudgins, B. The environmental cost of salon ownership. The Ecologist. 20th December 2019. Retrieved from: https://theecologist.org/2019/dec/20/environmental-cost-salon-ownership

Patel S. (2017). Fragrance compounds: The wolves in sheep's clothings. Medical hypotheses, 102, 106–111. https://doi.org/10.1016/j.mehy.2017.03.025

Toxic Chemicals in Salon Products. Womens Voices For The Earth. Retrieved from: https://www.womensvoices.org/avoid-toxic-chemicals/salon-products/toxic-chemicals-in-salon-products-workers/



All rights reserved. © American College of Healthcare Sciences 2021



5005 S. Macadam Ave, Portland, OREGON •
achs.edu/consumer-disclosures • DEAC ACCREDITED

American College of Healthcare Sciences

# Where tradition meets science.

## About ACHS

American College of Healthcare Sciences is a world-renowned accredited online college. Our mission is driven by the principles and vision of our president, Dorene Petersen, who founded the college in 1978 as a pioneer in holistic health education.

We award degrees, diplomas, certificates and microcredentials in Integrative Health, Aromatherapy, Holistic Nutrition, Herbal Medicine, and an MBA with Specializations in Integrative Health & Wellness and Sustainable Business.

## Want to learn more?

Fill out a form to request more information and one of our helpful admissions advisors will get in contact with you to discuss your educational goals.

We look forward to hearing from you!

Request Information

## Free Education

Enjoy and share our free online Continuing Education (CE) classes. We want to do all we can to help during these difficult times and have made these resources free. Together we are amazingly strong, resilient, and educated!

Connect to Free Classes

## Free Ebook

View ACHS's guidance on essential oil safety and best practices in our Ebook Essential Oil Safety Guidelines.

Download The Guide

## Holistic Health Blog

The ACHS blog, which made the Best Holistic Health Blogs of 2020 list, covers all aspects of holistic health and wellness - Aromatherapy, Herbal Medicine, Holistic Nutrition, Coaching, Wellness, and more!

Read and Subscribe

Enjoy these free essential oil blend recipes:

### CALM IS CONTAGIOUS BLEND

- **Lavender** *Lavandula angustifolia* oil: 20 drops
- **Ylang ylang** *Cananga odorata* var. genuina essential oil: 15 drops
- **Marjoram** *Origanum majorana* essential oil: 10 drops
- **Neroli** *Citrus aurantium* var. amara essential oil: 2 drops

- You will need a separate empty bottle to blend the oils together in. Blend all the oils and shake well.
- Please note, the marjoram essential oil in this formula can be substituted with Roman chamomile or clary sage essential oil.

https://www.apothecary-shoppe.com/

### CLEAR MIND ROLL ON

- **Peppermint** *Mentha ×piperita* (L.) oil: 5 drops
- **Lavender** *Lavandula officinalis* oil: 5 drops
- **Eucalyptus** *Eucalyptus globulus* oil: 5 drops
- **Lemon** *Citrus limonum* oil: 5 drops
- **Carrier oil** or blend of oils of your choice: 1 Tablespoon (4 % dilution ratio)

- Blend the essential oils and carrier oil in a glass beaker or another glass container that is easy to pour from.
- Fill a 1 or 10ml roll-on bottle and roll on to any tight areas on your shoulders, neck, and temples. Do not get it near your eyes. If there is any blend left over, store it in a glass bottle or jar with a lid.

https://www.apothecary-shoppe.com/

If you are excited to try out these DIY blends, head over to the Apothecary Shoppe where we specialize in certified organic and pesticide-free essential oils and wellness supplies!

All rights reserved. © American College of Healthcare Sciences 2020

5005 S. Macadam Ave, Portland, OREGON •
achs.edu/consumer-disclosures • DEAC ACCREDITED