

# AWARENESS PROGRAMME

## ON COSMETICS

### 17<sup>TH</sup> SEPTEMBER, 2018

In Association with Rexona Confidence Academy, Hindustan Unilever limited, Women Empowerment Cell of KBN college organising an awareness programme on **cosmetics** on 17<sup>th</sup> September, 2018 to the 1<sup>st</sup> and final year degree students.

They give awareness about the chemicals used in cosmetics and some side effects of cosmetics and how to avoid the side effects of cosmetics.

- Manufacturers also use extra perfumes to make the product attractive for the consumer. And excess perfume causes acne.
- Using cheap eyeliner or kohl can make your eyes water. Sometimes these products even cause irritation.
- Besides drying very fast, the cheap nail polishes start smelling and even changes colour.
- Sometimes these cosmetics don't suit your skin and cause allergies.
- Some of the fancy looking nail polishes that you get at throwaway prices don't have a date of manufacture on the bottle. Most of these cosmetics have crossed their expiry date.
- Manufacturers also use a creamy base to sell the product. If you have oily skin, this creamy base blocks the oil glands and results in breakouts.
- A cheap skin-lightening product may contain lightening agents that haven't been tested and may cause pigmentation. It may also leave dark patches on your skin.
- Most of these products don't mention the ingredients used in them. In case of any side effects, this makes it difficult for a dermatologist to treat your skin.

- Foundation and blushes contain zinc oxide, which is not harmful for skin. But a cheap brand might use excess colour in these products, which may cause allergies.
- Lipsticks that have passed their expiration date could cause discolouration of the lips, swellings or peeling of the skin.
- Severe rash and redness are some of the most common skin problems caused by using untested cosmetics.

#### Avoid these Side Effects

- Always use good quality brands.
- Make sure the products have been tested.
- Always check the date of expiry, irrespective of the brand.
- Always conduct a patch test on your forearm to ensure that you are not allergic to the



