

GLAMOUR

134
best
products
for all
skin tones
&
hair
types



Spring
Fashion
That
Fits Your
Life

How Your
Job May Be
Messing
With Your
Mental
Health

The
#MeToo
Leader
Who Could
Become
President

THE BEAUTY ISSUE

Starring
**Camila Cabello,
Elle Fanning,
Aja Naomi King**

&
YOU

Clean-Beauty
SPECIAL

The latest innovation
in green beauty: effective
formulas *and* good-
for-you ingredients.

How to Clean Up Your Beauty Routine

Not only are the new products
better for the planet, but
they work better than ever.

By Cristina Mueller



TAP TO
READ



Your Product Starter List

The average American woman uses 12 beauty products a day, according to the Environmental Working Group (EWG). Together, those tally up to an average of 168 ingredients, which can make for a weird chemical soup on your skin. “And many of those have never been adequately assessed for safety,” says Nneka Leiba,

director of the healthy living science program at the EWG. And chemicals may interact and have a compounding effect on your body, adds Valori Treloar, M.D., a Newton, Massachusetts, integrative dermatologist. If you want to cut back, swap cleaner versions for at least two or three of these categories below—these often have potentially risky chemicals, or affect parts of your face or body that are particularly sensitive.

Sunscreen

Two arguments for switching to mineral SPF: Lab studies show that UV-blocking chemicals like oxybenzone may be hormone disruptors, while another study found that oxybenzone (when it ends up in the ocean via wastewater or people swimming) can damage coral reefs.

THE SWAP: The EWG recommends the mineral UV blockers zinc oxide or titanium dioxide, found in the gentle-on-sensitive-skin Drunk Elephant Umbra Physical SPF30 (\$34, sephora.com), far left.

