



IS YOUR TOILET PAPER TOXIC?

The shocking toxins in toilet paper, why you shouldn't use it and what you can use instead

CHEMICALS FOUND IN TOILET PAPER

CHLORINE - Used for bleaching. Can cause skin irritation, particularly around the vulva (a highly porous and vascular area), and could increase a female's risk of infection.

FURANS AND DIOXINS - Highly toxic chemicals are a by-product of the chlorine bleaching process. Large exposure can cause liver problems, chronic cystic acne, increased fat in the blood, reproductive issues and cancer

CHEMICALS FOUND IN TOILET PAPER


FORMALDEHYDE - Strengthens the paper. A known carcinogen and can cause skin irritation/rashes, lung complications (shortness of breath, asthma symptoms, wheezing) and irritation to the eyes, nose and throat.

PETROL-BASED MINERAL OILS AND PARAFFIN - Added to make the paper softer and smell nice. Petroleum-based mineral oils are carcinogenic and can cause skin irritation, acne, rashes or a burning feeling.

CHEMICALS FOUND IN TOILET PAPER

FRAGRANCES - A single fragrance contains thousands of different chemicals. These chemicals can disrupt the natural pH of the vagina and also irritate the sensitive skin around the anus and vagina, leading to redness, itchiness and burning.

BPA - Has been detected in recycled toilet paper, the BPA remains present from other sources. BPA is a hormone-disrupting chemical that is linked to reproductive, neurological, immune and cardiovascular problems.



REUSABLE WIPES/CLOTHS - Reusable organic cotton wipes or cloths are a safer and more sustainable alternative to ordinary toilet roll. Keep a separate bin next to your toilet for used wipes/cloths and then soak and wash them with sanitiser (or essential oils) at the end of the day.

ALTERNATIVE METHODS FOR CLEANING

BIDETS/ HANDHELD SPRAYER - Cleaning with water is gentler on your skin, preventing irritation, haemorrhoids and infections. Use a normal towel or a bamboo towel/cloth to dry yourself afterwards.

100% BAMBOO TOILET PAPER