

What will happen to your body after 10 hours of nail polish?

Nail polish seems to have become the beauty of over 90% of women in the world. Let's TipsMake.com find out what happens to your body after 10 hours of nail polish!

1. Streaks on nails can be a warning sign for melanoma

Nail polish seems to have become the beauty of more than 90% of women in the world, some people even "crazy" this beauty to change a new set of nails every 2 or 3 days just bear. But after reading the information below, women will surely have to think again.



Nowadays, many people think that they must take care of their own health-conscious consciousness, but only a small number of them can realize the impact of using nail polish on their bodies. . Not long ago, a scientific study revealed that the majority of nail polish found on the market is harmful to human health. Let's TipsMake.com find out **what happens to your body after 10 hours of nail polish !**

Nail polish contains many toxic chemicals



Scientists tested residual chemicals on 20 women who used nail polish voluntarily to participate in the study. Scientists have identified many toxins in all the participants in this study. If you want to know how these rare toxic chemicals can get into your body, we will give you an answer.

The end result confirmed that all women in the study had traces of **triphenyl phosphate** in their bodies after 10 hours of nail polish.

In addition, another study was conducted on 10 nail polish samples popular in the market, scientists found **8/10 samples containing triphenyl phosphate** and in particular, 6 samples in That number clearly indicates this substance on the label. This suggests that more than 20% of nail polish on the market can contain toxic chemicals that you don't know.

What is Triphenyl phosphate?



Triphenyl phosphate is also called TPHP, which is highly relevant to health problems. However, doctors are particularly concerned about the possibility of damaging the endocrine system and the system that controls hormones in the body. According to Dr. Heather Stapleton, head of the study, the experiment showed that TPHP directly affects the regulation of hormones, the development process, metabolism.

The story will become more serious for girls if using nail polish that contains this substance regularly because it will affect hormonal balance and development. In any case, frequent exposure to TPHP also has severe consequences.

TPHP is marked:

1. *Reproductive toxin (Reproductive toxin)*
2. *Neurotoxin (Neurotoxin)*
3. *Endocrine toxin (Endocrine toxin)*
4. *Skin allergen and irritant*



In addition to triphenyl phosphate, nail polish also contains many other harmful substances such as:

1. **Formaldehyde:** This compound is a proven carcinogen that is easily soluble in water, even in air. This is the substance that makes fragrance for nail polish. If a person is regularly exposed to this substance may experience symptoms such as asthma, difficulty, problems with the throat. Moreover, people with chronic diseases will get worse if they are exposed to this substance.
2. **Toluene:** This is a chemical related to the development of the child, causing the physical development of the child to be interrupted. In addition, it is a skin irritant, allergy.
3. **Dibutyl phthalate:** Some nail polishes replace TPHP with this substance. However, this substance is not as dangerous as TPHP. In fact, Dibutyl phthalate also poses a risk of reproductive and hormonal imbalance.

See also: 6 warning signs of heart attack in women should not be ignored

Nail polish safer



Finding a **100% natural** nail polish is unimaginable today. Because no natural ingredients can replace the chemicals in nail polish. However, we can look for less toxic paints with natural ingredients.

Typically, ingredients in nail polish bottles containing " *toxic trio* " are Formaldehyde, Toulene and Dibutyl phthalate. They can cause cancer and a variety of other health problems. In addition, they also contain plasticizers, usually *polyurethane* or *copper polymer* to create color fastness for nail polish.

The good news for you is that there are now a number of manufacturers trying to replace the toxic chemical ingredients in nail polish with safer substances. So you can use natural nail polish that doesn't come with any of the chemical ingredients we mentioned above. The most natural **nail polish** today is *water-base fomular* with the main ingredient being water, then the plasticizer and natural colorings. Below is a short list of these natural products:

1. **Honeybee Gardens** has a special collection of nail polish featuring various vivid colors. A *water-base fomular* that does not contain toxins will help you not have difficulty removing them with toxic acetone.
2. **Acquarella** is a company with a collection of nail polish with more than 50 colors. They are also water-based nail polish and there is no trace of mercury, toluene, formaldehyde or any other harmful ingredients.
3. **SpaRitual** is a nail polisher that provides nail polish products from water, not harmful chemicals.
4. **Peacekeeper Cause-Metics** is another brand with several interesting nail polish options that contain argan oil and no toxins.

As you can see, you don't have to stay away from all nail polish products, just check the label and choose products that don't contain ingredients that could be harmful to your health. Please read the label carefully before use. This is an extremely important step to protect your own health. Beauty also needs to be safe, right?

Refer to some more articles:

1. 8 worrying signs that you need to rest immediately
2. How to remove nail polish without using toxic acetone
3. What is the reason why many people like to bite their nails so much?

Having fun!

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