Luna, Ashley

Libr 244

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Client Project

***Intake***

 My client is interested in looking into the effects of ingredients contained in beauty products and cosmetics. She is interested in “natural” and “organic” ingredients, but is not sure if it is an accurate claim that products are making. She is unaware of which ingredients are natural and organic and which ones are chemicals that are potentially hazardous to her health. My client is a student in her early thirties, whom wants to adopt a healthy lifestyle that includes eating healthy, exercising and being a conscious consumer. She also wants to be aware about the products she uses in her household, starting with cosmetics. She has heard that beauty products are not heavily regulated compared to other products and wants to investigate this further because she uses them on a daily basis. She has begun to try to look for more natural products, but is not sure if she is finding the right products. She wants to see if there are certain ingredients she should avoid. She works full time and goes to school, so she has not had the chance to pursue the matter further. In a casual conversation about my classes and assignments, I offered to research this for her.

***Reference Interview***

**Client*:*** How are your classes going?

**Me**: They are going good, I just have a few projects that I need help with.

**Client:** Oh how so?

**Me:** One of them, I need to find a client that I can do research for.

**Client:** What type of research?

**Me**: Anything as long as I am helping them address an informational need. It could be for a research project or paper to helping someone find information about companies, laws or personal interests. Do you have any topics of interest or questions that need some type of research?

Client: hmmm well, I have wanted to look up information about cosmetics

Me: Oh! What about cosmetics are you interested about?

Client: Well I have really been into using organic and natural products and wondered about the quality of ingredients. I heard somewhere that beauty products are not heavily regulated, so I wonder if the products and cosmetic companies are being truthful when they say “organic” or “natural.”

Me: Interesting, I want to say that I have heard that before but never looked into myself. Have u done any research yourself?

Client: Not really, When I buy products I usually go by the descriptions because the ingredients are pretty foreign for me.

Me: Are you interested in finding out information about ingredients?

Client: Yes I would say so. I want to know if these claims are true or if it is just some rumor. Most of the time I have no idea what the ingredients say or what they are. I have no idea if they are good or bad for me. There might be junk in there that I am unaware about.

Me: oh ok so are you looking to find out if beauty products and cosmetics are unregulated and if there ingredients are bad?

Client: Yes. I want to know which ingredients are harmful so that I can avoid them when I buy beauty products and cosmetics. It would be awesome, if there are specific brands out there that I know I can trust, so that I don’t have to read every single ingredient listed.

Me: ok so you are looking for information about the regulation of beauty products and cosmetics, a list of harmful ingredients and a list of safe brands.

Client: ya that would be useful information to have. If I could find brands that really are organic or natural, it would save me so much time buying products and cosmetics.

Me: ok! Do u mind if I take this on for my project?

Client: Noo! Goo ahead!

Me: Is there any other information about beauty products and cosmetics you are interested about

Client: Well, I wear makeup almost every other day, so maybe find out how that affects my skin in the long run.

Me: oh ok, so you would also like to know about long-term affects of beauty products and cosmetics?

Client: yes

Me: ok so far, you would like to know about how beauty products and cosmetics are regulated.

The long-term effects of prolong use, and a list of harmful ingredients and safe brands.

Client: That sounds right.

Me: How long of an ingredient list would you like?

Client: hmm well, Ideally I would like to know about all of them, but the most dangerous would be my concern.

Me: Ok, Any other concerns you want to address with this topic?

Client: No that pretty much sums up the questions I have

Me: ok, let me start doing research for this and I will contact you with what I have found.

Client: ok sounds good!

***Scope Assessment***

 My client would like information about the safety and regulation of beauty products and cosmetics. She would also like information about potential hazards, harmful ingredients she should avoid and if there are safer brands she can use. Her information need is important because she values her health and this information will help her make better choices about what beauty products she buys. Her information need requires looking at several different types of sources such as a database and a web search engine. I plan on starting a search in Proquest Dialog looking in the chemistry industry and then a web search engine to find supplemental information. One obstacle I face is finding information about the quality of ingredients. Since beauty products and cosmetics is under regulated, it is going to be hard to find a complete list of harmful ingredients. Without a chemistry background, looking at ingredients and their complex name structures will be difficult to understand. I will need to consult a source where I can find more detail information about specific ingredients. As a result, I probability won’t be able to provide a complete list if the products are unregulated, but will strive to look for the most hazardous.

***Search Strategies***

1. *Preplanning*

Before I started searching, I needed to think about what type of field and industry this topic would apply too. Dealing with cosmetics, I would want to look into the chemistry field to find out information about research concerning beauty products and cosmetics. For this type of information ProQuest Dialog would be a good starting point to find research. I plan on looking in the Chemistry, Healthcare, and Pharmaceutical & Biomedical Databases within ProQuest Dialog to find relevant research about any hazards prevalent. For information about regulations I will use Proquest Dialog and also LexisNexis for Legal and news sources about the beauty and cosmetic industry regulations. If I need supplemental information, I will also use a Google search for more information. Important terms I wants to keep in mind throughout my searches are “cosmetics industry,” “beauty industry”, “hazards, ” “dangers,” “safety” and “health.”

*2. Search Steps and Strategies Conducted*

My search started in ProQuest Dialog selecting Chemistry, Healthcare, and Pharmaceutical & Biomedical Databases. I used the ProQuest Thesaurus to find subject terms that I could use. I found “cosmetic industry,” “health,” “Health and beauty aids” and “product safety,” and “health hazards.” I conducted subject searches using these terms in different search strings. I also did some keyword searching using these terms and the ones I kept in mind in my pre-plan to see if I could find articles that were relevant and didn’t fall into the subject searches I was conducting. When I finally found a good article, I looked at the articles subject headings and modified my searches using those subject headings. I repeated the process until I found a good amount of articles for my client.

 I also wanted to find resources my client could use. A Google search for “cosmetic safety” brings up a wealth of resources.

**Client Executive Summary**

Research questions:

*Are beauty products and cosmetics safe?*

*What are the potential hazards?*

*Which ingredients/Chemicals should be avoided?*

*Are their safer alternatives?*

 In my research I found that the minimal regulation of cosmetics is a true concern for beauty product users. This report contains research from journals in the Chemistry, Drug, Business and Beauty fields. This report also contains online resources that also provide a wealth of background information on regulations and a more complete list of chemicals and ingredients to avoid. These websites also provide resources that will help look up products and ingredients to help you evaluate them on your own or on the go when you are at the store. The following contains a list of resources from databases, websites and mobile apps.

**Client Composite Report**

***Summary***

This set of results contains information that I was able to find based on your concerns about beauty product safety. The first section “Research” contains information found in Journals about the cosmetic industry. There is information about regulations and safety concerns with a mention of some of the chemicals of concern. There is also information about cosmetic companies that are trying to improve the safety of their products. The second section “Online Resources and Tools” are websites and mobile apps that contain a wealth of information about products and ingredients. These provide search tools that make it easier to investigate specific products and ingredients of concern without having to create an exhaustive list.

**Research**

**Beauty aids may face tougher regs. (2006). *Chain Drug Review, 28*(6), 29(1). Retrieved from** [**http://search.proquest.com/professional/docview/1063246674?accountid=143640**](http://search.proquest.com/professional/docview/1063246674?accountid=143640)

**Certain chemicals come under fire for harming human health. (2007). *Chemical Week, 169*(7), 33. Retrieved from** [**http://search.proquest.com/professional/docview/1084521218?accountid=143640**](http://search.proquest.com/professional/docview/1084521218?accountid=143640)

**Congress considers safe cosmetics act. (2010). *Chain Drug Review, 32*(15), 27(1). Retrieved from** [**http://search.proquest.com/professional/docview/1066212984?accountid=143640**](http://search.proquest.com/professional/docview/1066212984?accountid=143640)

**Congress debates FDA role in safety review of personal care products. (2010). *Drug Store News, 32*(9), 97(1). Retrieved from** [**http://search.proquest.com/professional/docview/1066158285?accountid=143640**](http://search.proquest.com/professional/docview/1066158285?accountid=143640)

**Some personal care and cosmetic goods can pose risks. (2013, Oct 28). *The Commercial Appeal (2007-Current)* Retrieved from** [**http://search.proquest.com/professional/docview/1448506830?accountid=143640**](http://search.proquest.com/professional/docview/1448506830?accountid=143640)

**US beauty companies pledge to improve safety. (2007). *Cosmetics International, 31*(690), 4(1). Retrieved from** [**http://search.proquest.com/professional/docview/1059917640?accountid=143640**](http://search.proquest.com/professional/docview/1059917640?accountid=143640)

**Mr Dennis Ellis, Adam M Reich,and Lillian. (2012, May 29). The safe cosmetics act of 2011 (H.R. 2359): Implications for the cosmetics industry.*Mondaq Business Briefing* Retrieved from** [**http://search.proquest.com/professional/docview/1068264853?accountid=143640**](http://search.proquest.com/professional/docview/1068264853?accountid=143640)

**Online Resources and Tools**

**Campaign for Safe Cosmetics.** [**http://www.safecosmetics.org/get-the-facts/**](http://www.safecosmetics.org/get-the-facts/)

This online source provides information about current regulations, products, and dangers and ingredients of concern. It also provides reports and health concerns associated with product target groups and chemicals used in products. It also provides a “Safe Products” list for products that are safe to use. The most useful page is the “Chemicals of Concern.” Here there is a list of chemicals that are put into products with more information about where they are found, health concerns and name variants that ingredient lists use. The list of chemicals can be filtered with health concerns, products and populations. It is useful information when conducting research about potentially products.

**Story for Safe Cosmetics.** <http://storyofstuff.org/movies/story-of-cosmetics/>

 This is a short video about the history of the cosmetic industry and its regulations. Provides a quick overview and context about the growing concerns consumers have about beauty products and cosmetics.

**Skin Deep Cosmetic Databases.** <http://www.ewg.org/skindeep/>

 Skin deep is a database that provides a ranking system for beauty products. It has a ranking system of 0-10, with Low hazard, Moderate hazard, High hazard descriptions. You can browse the system by the type of product or you can type in a product to see if the database contains information about it. You can also search by ingredients to find out more information about it. It also provides alternatives and safe product recommendations. One limit is that it does not contain all brands and products associated with the brand and is based on known hazards. It is also available as a Mobile App with a scan barcode tool. It is available in the apple and android marketplace.

**Think Dirty App.** [**http://www.thinkdirtyapp.com/**](http://www.thinkdirtyapp.com/)

 It is a mobile app that is available in the Apple and Google Play store. That app allows you to search and scan products for information regarding safety and associated hazards. It also contains a ranking system of 1-10.

***Reflections***

 The topic “safety concerns with beauty products and cosmetics” was an interesting topic to research. My favorite search strategy was following the subject headings of relevant articles to help me find more articles. I found that researching through databases was little bit more trickery when I was looking for specific ingredients to avoid. I feel with a lot more time and research more resources from journals could be found. Since my client wanted to know if cosmetic safety was a concern, the journal resources should be sufficient to prove that it is a real concern for users. The web provided a lot more information about product ingredients because they are already researched by groups and then compiled into websites and databases.

 Overall I am happy with the results I was able to provide for my client. My client is a student so she does have access to databases, if she decides to read the articles I provided her with. I also wanted to provide my client with resources she could use after school is over and from her home and when she is at the store. The most useful resources for my client are the mobile apps. These will help her immensely when weighing the pros and cons of the products she is considering to buy.