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### **Healthy Nail Salons: It's Time for a Change**

Montclair, New Jersey, May 24, 2015 - In her riveting New York Times article, "Perfect Nails, Poisoned Workers," May 8, 2015, Sarah Maslin Nir exposes the dangers of toxic nail care products on the health of salon workers. As a physical therapist and representative of Austin Air products, David Frome offers insight and solutions for salon workers and their customers.

Manicurists have high incidence of rashes, burning eyes, nose bleeds, headaches, respiratory problems, central nervous disorders and reproductive problems, including miscarriages, stillbirths and abnormal fetal development. Their children have an unusually high incidence of developmental problems. Customers are at risk too. Many of the chemicals used to make nail polish are potential health hazards, include nail adhesives, artificial nails, solvents and hardeners. **The FDA does not pretest chemicals used in cosmetics.** Customers are at risk too.

The **Toxic Trio** of chemicals in nail polish are (1) **Formaldehyde** - nail hardener and carcinogen linked to lung cancer and leukemia, (2) **Dibutyl phthalate (DBP)** – reduces cracks and chips and linked to reproductive problems and (3) **Toluene** – smoothes polish application and linked to central nervous disorders and birth defects. The last two products are banned in the European Union.

**Ethyl methacrylate (EMA)**, principal ingredient in acrylic nails is responsible for a higher than usual incidence of asthma, irritation of eyes, skin, nose and mouth and difficulty concentrating, according to the EPA. Additionally, "Exposures to EMA while pregnant may affect your child." **OSHA "Health Hazards in Nail Salons"**.

The three steps to keep you safe in nail salons are to **Eliminate, Ventilate, and Trap** the suckers.

- Eliminate - choose salons that are "**Three Free**" and "**Acid Free.**" Insist on testing standards to establish premarketing product safety. Demand clear and truthful labeling of beauty products and enforcement of safety standards.

- Ventilate – look for **Exhaust Tables** with powerful suction to remove particles and chemicals as well as exhaust systems throughout and a source of outside air.

- Trap The Suckers – Austin Air HealthMate Plus is the best air purifier for chemicals and particles. More than 60 square feet of Medical Grade HEPA media removes sub-micron particles, airborne particles and allergens, including dust and filings from nails and artificial nails. The HealthMate Plus filter has a special blend of over 15 lbs. of activated carbon to remove over 3000 chemicals from the air including toluene, xylene, acetate, acetone and formaldehyde! It cleans over 250 actual cubic feet of air per minute and is guaranteed to last a minimum of 5 years.

David Frome, physical therapist and acupuncturist is a recognized leader in the field of environmental health in the tri-state region. He is on a mission to help other people improve their lives by improving the quality of their indoor air. His company, The Air Cleaner Store offers high quality air cleaning solutions including The Austin Air

HealthMatePlus. [www.theaircleanerstore.com](http://www.theaircleanerstore.com) For more information, contact 973.820.8719 or [david@theaircleanerstore.com](mailto:david@theaircleanerstore.com)

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