

COSMETICS INCLUDE HEAVY METALS: LAWS RELATED TO IT AROUND THE WORLD

AUTHOR – ANJANAH G J

STUDENT AT SASTRA DEEMED TO BE UNIVERSITY

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ABSTRACT

Beauty creates an impression of an individual when someone meets or looks at him/her. Beauty is gender neutral but it is mostly women who fall for this trap of looking better than men. The picturization of women is always done in an imaginary way and in such way, she is depicted as beautiful. But it is often not imagined that she is also a human being, having hormonal secretion and whatever way she looks it's just "her". In order to attain of what is being picturized, the consumers fall for these cosmetic products. These products deceive the consumers by saying that they it is safe and will add various kinds of contaminants. One such contaminant being the heavy metals puts the health of the consumers in huge trouble and continuous use of which might even affect the nervous system, kidney system and even reproductive system of the human body¹⁵³. The author in this paper has tried to explain the hazardous outcome which emanates along with the use of cosmetics including personal and hygiene care products. The paper also tries to throw light on the laws related to cosmetics enacted in India as well as major countries with similar or better regulations. This paper is majorly based upon the study conducted by the Centre for Science and Environment (CSE)¹⁵⁴ on Heavy Metals in Cosmetics, January 2014¹⁵⁵.

Keywords: Cosmetics Product, Heavy Metal, Drug and Cosmetics Act, 1940, ppm (parts per million), Coloring Agent

GRASP - EDUCATE - EVOLVE

¹⁵³ (Kim et al., 2015, Bocca et al., 2014, Senesse et al., 2004, Agoramoorthy et al., 2008, Al Amry et al., 2011, Smith et al., 2015) and also in "Evaluation of heavy metals in cosmetic products and their health risk assessment" by Hamna Arshad, Moniba Zahid Mehmood, Munir Hussain Shah, and Arshad Mehmood Abbasi (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7335825/>) (visited on 24.03.2023)

¹⁵⁴ Centre for Science and Environment (CSE) is a not-for-profit public interest research and advocacy organisation based in New Delhi, India. Established in 1980, CSE works as a think tank on environment-development issues in India, poor planning, climate shifts devastating India's Sundarbans and advocates for policy changes and better implementation of the already existing policies. <https://www.cseindia.org/> (Visited on 22.03.2023)

¹⁵⁵ Heavy Metals in Cosmetics, Investigators: Mr. Ramakant Sahu, Ms. Poornima Saxena and Dr. Sapna Johnson; PML/PR-45/2014 ([https://cdn.cseindia.org/userfiles/Heavy Metals in Cosmetics Report.pdf](https://cdn.cseindia.org/userfiles/Heavy%20Metals%20in%20Cosmetics%20Report.pdf)) (Visited on: 26.03.2023)

I. INTRODUCTION

Cosmetic is defined under Section 3 aaa, as any product with the intention to be applied, sprayed, sprinkled or poured or introduced into the human body or any part of the human body for the purpose of beautifying, improving the appearance or for cleansing¹⁵⁶. These cosmetic products are regulated under the Drug and Cosmetic Act, of 1940¹⁵⁷ due to the presence and use of heavy metals in their production. Heavy metals¹⁵⁸ are metals with high densities, atomic numbers or atomic weight. Their density is at least 5 times greater than water. Some heavy metals are categorized as nutrients such as iron and zinc. Silver and ruthenium are relatively harmless and some of the harmful metals are arsenic, mercury and lead. These metals, though scarcely distributed on the earth's surface, are used for making cars, plastics, mobile phones, solar panels, particle accelerators, etc¹⁵⁹. The study done by a Pollution Monitoring Laboratory (PML) set up by The Centre for Science and Environment (CSE) – a non-governmental organization – indicated that heavy metals are used in various cosmetic products.

II. THE NEED FOR COSMETICS IS REAL?

Beauty or appearance for that matter is the one main factor which any individual is very cautious about. It is always the appearance which matters and whatever quote like “don't judge a book by its cover” or “what matters is the behavior and not the appearance” we might come up with, it's the human tendency to look and judge a person with his appearance.

¹⁵⁶ According to Section 3 aaa of the Drugs and Cosmetics Act, 1940 Act 23 of 1940; Amended up to the 31st of December, 2016: “Any article intended to be rubbed, poured, sprinkled or sprayed on, or introduced into, or otherwise applied to, the human body or any part thereof for cleansing, beautifying, promoting attractiveness, or altering the appearance, and includes any article intended for use as a component of cosmetic.”

¹⁵⁷ The Drugs and Cosmetics Act, 1940 Act 23 of 1940; Amended up to the 31st of December, 2016

¹⁵⁸ Fergusson JE, editor. The Heavy Elements: Chemistry, Environmental Impact and Health Effects. Oxford: Pergamon Press; 1990

¹⁵⁹ Arruti A, Fernández-Olmo I, Irabien A. Evaluation of the contribution of local sources to trace metals levels in urban PM_{2.5} and PM₁₀ in the Cantabria region (Northern Spain) J Environ Monit. 2010;12(7):1451–1458. & Pacyna JM. Monitoring and assessment of metal contaminants in the air. In: Chang LW, Magos L, Suzuli T, editors. Toxicology of Metals. Boca Raton, FL: CRC Press; 1996. pp. 9–28.

The society is still trying to get out of the stereotypical thought of beauty. Women are more widely forced to be beautiful than men. Women need to be fair, have long black hair, beautiful big eyes, even tone, no pimple and pigmentation in the face, bright pink lips and we can keep on writing. Even the serials and daily soaps depict the characterization of in such ways. But in reality, if we see through the graves of history women especially Indian women ranged from dusky to dark tone. For instance, Draupadi, the Mahabharata character was claimed to be dark in color and hence, she was known to be one amongst the three *krishnas*¹⁶⁰, Goddess Mahakali was black in color.¹⁶¹

In order to attain the xerox of what is being picturized in fictional books, magazines or movies, the consumers fall for cosmetics like fairness cream, body lotions, lipsticks and other cosmetic product. These products deceive the consumers by saying that they have all the natural ingredient and add various kind of contaminants which is not only harmful for the skin but also the vital organs and various systems of the body. The question which arises here is whether to look will cost not only this much amount of money and is also taking the health of the consumer at stake. Why cannot we accept the people are and just embrace the diversity?

III. HEAVY METALS AND COSMETIC PRODUCTS

Cosmetics and care products use a variety of chemicals, petrochemicals and heavy metals which may affect the health of the user. The substances present in these cosmetics can potentially not only cause skin-related problems but also lead to the failure of organs.¹⁶² According to studies, the frequent heavy metals present are cadmium (Cd), nickel

¹⁶⁰ Mentioned in Mahabharata, Adi Parva, Chapter 169:3 Sources: <https://en.wikipedia.org/wiki/Draupadi#:~:text=Draupadi%20is%20described%20to%20be,that%20of%20a%20blue%20lotus>. (Modified on 07.05.2023)

¹⁶¹ According to Kalika Purana. Sources: <https://en.wikipedia.org/wiki/Kalika> (Modified on: 14.05.2023)

¹⁶² Patrick L. Lead toxicity, a review of the literature. Part I: Exposure, evaluation, and treatment. Alternative Medicine Review. 2006;11:2-22; Ayenimo JG, Yusuf AM, Adekunle AS, Makinde OW. Heavy metal exposure from personal care products. Bulletin of Environmental Contamination and Toxicology. 2010

(Ni), arsenic (As), lead (Pb) and mercury (Hg).¹⁶³ These heavy metals can be found in natural sources as well as non-natural sources. For instance, some of these elements could be found in honey, olive oil, argan oil and some other essential oils.

The use of cosmetics can be differentiated under three heads based on the time they remain in contact with the human body. The first one is those in contact with the body for a short span of time like face wash, shampoos, scrubs etc. They require rinsing and will be washed off soon after application. The second type is the process of application, which later needs to be allowed to absorb things like body lotion, make-up products etc. Lastly, some products like hair colors, nail polish etc. remain in contact with the body for an extended duration. Other ways through which heavy metals gain entry into the human body are oral ingestion of these cosmetic products. This could be the application of some products on the lips like lip balms, gloss, lipstick, concealer or lip pencil. The transmission of heavy metals can also take place through the buccal cavity with the usage of toothpaste, breath sprays and mouthwashes. According to several suggestions from studies¹⁶⁴, the concentration of heavy metals like lead, mercury and cadmium is higher in the consumers of topical cosmetics than those who do not use the same.

IV. EFFECTS OF HEAVY METALS ON THE HUMAN BODY

The usual heavy metals present in cosmetic products can be listed as lead, cadmium, nickel, mercury and arsenic. Bluntly put, heavy metals when in contact with the organs of the body are

nephrotoxic¹⁶⁵ (kidney), neurotoxic¹⁶⁶ (nervous system) and hepatotoxic¹⁶⁷ (liver) in nature and may also affect the reproductive system¹⁶⁸. Specifically, cadmium affects the skeletal, respiratory, reproductive, metabolic and renal systems of the human body. Studies also show that it has a connection to provoking lung cancer, kidney damage and also diabetes. Nickel is used in many beauty products like lipsticks, mascaras, eye shadows, eyebrow pencils and even face washes and creams¹⁶⁹. The side effect of usage of the products in and around the face areas is a likelihood of chronic dermatitis. Mercury is one of the frequently used heavy metals during the formulation of these beauty products. The shiny, silvery and dense liquid texture of mercury helps make skin-lightening creams.

According to a study published on Contact Dermatitis, out of 88 eye shadow colors from various brands, 75% of them contained >5ppm (parts per million) of at least one of these heavy metals – lead, cobalt, nickel and arsenic¹⁷⁰. A study conducted by the Campaign for Safe Cosmetics in the US showed that 61% of the 33 different brands of lipsticks had lead up to the levels of 0.65 ppm¹⁷¹. Another study by the United States Food and Drug Administration (FDA) also found that the lead in the lipstick samples had contamination levels ranging from 0.09 to 3.06 ppm¹⁷². A study by WHO on the usage of skin-

¹⁶³ Arshad H, Mehmood MZ, Shah MH, Abbasi AM. Evaluation of heavy metals in cosmetic products and their health risk assessment. Saudi Pharmaceutical Journal. 2020

¹⁶⁴ Karri V, Schuhmacher M, Kumar V. Heavy metals (Pb, Cd, As and MeHg) as risk factors for cognitive dysfunction: A general review of metal mixture mechanism in brain. Environmental Toxicology and Pharmacology. 2016

¹⁶⁵ Horowitz Y, Greenberg D, Ling G, Lifshitz M. Acro-dynia: A case report of two siblings. Archives of Disease in Childhood. 2002

¹⁶⁶ Chauhan AS, Bhaduria R, Singh AK, Lodhi SS, Chaturvedi DK, Tomar VS. Determination of lead and cadmium in cosmetic products. Journal of Chemical and Pharmaceutical Research. 2010

¹⁶⁹ Table 2: Cosmetic Samples Purchased from Markets in Delhi; Heavy Metals in Cosmetics study by CSE India, https://cdn.cseindia.org/userfiles/Heavy_Metals_in_Cosmetics_Report.pdf (Published on January 2014)

¹⁷⁰ Basketter D.A., Angelini G., Ingber A., Kern P.S., Menné T. Nickel, chromium and cobalt in consumer products: revisiting safe levels in the new millennium. *Contact Dermatitis* and Smith, V., Clark, S., Wilkinson, M., 2015. Allergic contact dermatitis in children: trends in allergens, 10 years on. A retrospective study of 500 children tested between 2005 and 2014 in one Ukcentre

¹⁷¹ Lead in Lipstick. Retrieved October 28, 2010, from <http://www.safecosmetics.org/article.php?id=223>

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¹⁶³ Heavy Metals in Cosmetics: The Notorious Daredevils and Burning Health Issues by Abdul Kader Mohiuddin Published on August 20, 2019 and Heavy Metals in Cosmetics: Tamara Attard and Everaldo Attard on <https://www.intechopen.com/chapters/80103> (published on January 19th 2022)

¹⁶⁴ European Parliament and Council of the European. Regulation (EC) No 1223/2009 of 30 November 2009 on cosmetic products. Official Journal of the European Union. 2009;L342:59-209; Roman A, Madras-Majewska B, Popiela-Plebani E. Comparative study of selected toxic elements in propolis and honey. Journal of Apicultural Science. 2011;55(2):97-106

lightening creams, soaps and lotions in Asia and Central Africa shows that there is use of mercury in such products which causes anxiety, depression, skin infection, nerve damage and mild memory loss in cases of excessive use.¹⁷³ A study done by the California Department of Public Health published an investigation report on the excessive use of mercury in an unlabeled face cream that claimed to dull freckles and age spots, brighten the face and treat acne containing 5.6 ppm of mercury in it.¹⁷⁴

V. LAWS RELATED TO COSMETICS IN INDIA

Cosmetic products in India are mostly governed by the Drug and Cosmetics Act, of 1940, Rules of 1945¹⁷⁵ and Labeling Declarations by Bureau of Indian Standards of India (BIS). The Bureau of Indian Standards sets up the standards for cosmetic and personal healthcare products under Schedule 'S' of the Act.

The Bureau of Indian Standards provides Indian Standards (IS) for cosmetic and healthcare products like skin creams and lipsticks with specifications of the products with numbers like 6608:2004 and 9875:1990 respectively¹⁷⁶. The Act further mandates the manufacturer under Rule 134¹⁷⁷ of the Drugs and Cosmetics Rules that the dyes, colors and pigments used in the cosmetic products shall comply with the IS 4707 Part I in accordance with Schedule Q of the Drugs and Cosmetics Act and Rules. The other ingredients used in the cosmetics shall comply with IS 4707 Part II. These rules are flexible and the Government may, as and when required as the market processes amend the IS. The rules also lay down the parts per million of these heavy metals permissible to add with the synthetic

organic colors and natural organic colors during the production of Cosmetics. The rule¹⁷⁸ has the following ceiling for the use of heavy metals:

- a. 2 ppm of Arsenic when calculated as Arsenic Trioxide
- b. 20 ppm of lead when calculated as lead
- c. 100 ppm of heavy metals apart from lead when calculated as the total of the respective metals.

According to Sections 10¹⁷⁹ and 10 A¹⁸⁰ of the rules which delegates the power to the Central Government if satisfied, by notification from time to time placing consideration upon public welfare, may prohibit the import of certain cosmetics. Section 26 A¹⁸¹ gives power to the Central Government to prohibit the manufacturing of certain cosmetics when such product is dangerous or risks the life of any human being or animal. According to Rule 129 G¹⁸², cosmetics that are being imported shall be in conformity with the specifications mentioned under Schedule S and Schedule Q. Rule 145¹⁸³ of the Act prohibits the use of arsenic and lead as coloring agents in cosmetic products. Rule 145 D¹⁸⁴ prohibits the manufacturing of cosmetic products with the composition of mercury or through its synonyms like mercurous chloride, mercuric, mercurio, and calomel. Further, Rule 135¹⁸⁵ prohibits the import of cosmetics and care products containing lead and arsenic compounds which have been used as coloring

<http://www.fda.gov/Cosmetics/ProductandIngredientSafety/ProductInformation/ucm137224.html>

¹⁷³ Mercury in skin lightening products: http://www.who.int/ipcs/assessment/public_health/mercury_flyer.pdf

¹⁷⁴ Liu S., Hammond S. K., Rojas-Cheatham A.; Concentrations and Potential Health Risks of Metals in Lip Products. Environmental Health Perspectives 2013

¹⁷⁵ The Drugs and Cosmetics Rules, 1945 (As amended up to 31st December, 2016)

¹⁷⁶ Indian Standards Referred in Government Regulations <https://www.bis.gov.in/standards/technical-department/petroleum-coal-and-related-products/indian-standards-referred-in-government-regulations/> (Visited on 28.03.2023)

¹⁷⁷ Subs. B y G.S.R. 811 (E), dt. 14-11-1994

¹⁷⁸ 134: Cosmetic to contain Dyes, Colors and Pigments of The Drugs and Cosmetics Rules, 1945 (As amended up to 31st December, 2016)

¹⁷⁹ Section 10: Prohibition of import of certain drugs or cosmetics; The Drugs and Cosmetics Act, 1940 (As amended up to 31st December, 2016)

¹⁸⁰ Section 11: Power of Central Government to prohibit import of drugs and cosmetics in public interest.; The Drugs and Cosmetics Act, 1940 (As amended up to 31st December, 2016)

¹⁸¹ Section 26 A: Power of Central Government to prohibit manufacture, etc., of drug and cosmetic in public interest.; The Drugs and Cosmetics Act, 1940 (As amended up to 31st December, 2016); Ins. by Act 68 of 1982, s. 21 (w.e.f. 1-2-1983)

¹⁸² 129 G: Standard for imported cosmetics.; The Drugs and Cosmetics Rules, 1945 (As amended up to 31st December, 2016)

¹⁸³ 145: Use of Lead and Arsenic compounds for the purpose of coloring cosmetics prohibited.; The Drugs and Cosmetics Rules, 1945 (As amended up to 31st December, 2016)

¹⁸⁴ 145: Prohibition of manufacture of cosmetics containing mercury compounds.; The Drugs and Cosmetics Rules, 1945 (As amended up to 31st December, 2016); Ins. by G.S.R. 1074, dt. 19.8.1978 (w.e.f. 2.9.1978)

¹⁸⁵ 135: Import of cosmetic containing Lead or Arsenic compound prohibited.; The Drugs and Cosmetics Rules, 1945 (As amended up to 31st December, 2016)

agents and Rule 135 A¹⁸⁶ prohibits the import of cosmetics having mercury as a component in them. Rule 134-A¹⁸⁷ prohibits the import of cosmetics that contain the compound hexachlorophene in them.

VI. ENACTMENTS RELATED TO HEAVY METALS AROUND THE WORLD

A. INTERNATIONAL COOPERATION ON COSMETICS REGULATION (ICCR)

In this global village, it is the International Cooperation on Cosmetics Regulation (ICCR)¹⁸⁸ that regulates and discusses the major global concern related to cosmetics and personal hygiene care products. This organization is a voluntary international group of countries such as Canada, Brazil, Taipei, Japan, the European Union, the Republic of Korea and the United States. The organization started issuing papers based on the impurities in cosmetic products. Two reports were released by the organization – “Considerations on Acceptable Lead Levels in Cosmetic Products (Excluding Products Used in the Oral Cavity)” and “Recommendation for Acceptable Trace Mercury Levels in Cosmetic Products”¹⁸⁹. With the release of these two reports the major concern for the organization was to reduce the contamination of mercury in the cosmetic products and insisted that mercury should be added in quantities less than or equal to 1 ppm.

B. THE EUROPEAN UNION

¹⁸⁶ 135A: Import of cosmetics containing mercury compounds prohibited.; The Drugs and Cosmetics Rules, 1945 (As amended up to 31st December, 2016); Ins. by X. 11013/76-D & MS, dt. 19.8.1978.

¹⁸⁷ 134-A Prohibition of import of cosmetic containing Hexachlorophene.; The Drugs and Cosmetics Rules, 1945 (As amended up to 31st December, 2016); Added by G.S.R. 116, dt. 25.1.1975

¹⁸⁸ Established in 2007 is a voluntary international group of cosmetics regulatory authorities from Brazil, Canada, Chinese Taipei, the European Union, Israel, Japan, Republic of Korea, and the United States

¹⁸⁹ (Excluding Products Used in the Oral Cavity)’ (International Cooperation on Cosmetics Regulation, 2013) looks at exposure and tolerance to Pb in different ICCR jurisdictions before recommending that ‘trace levels of lead in finished cosmetic products (excluding products used in the oral cavity) and The second report ‘Recommendation for Acceptable Trace Mercury Levels in Cosmetic Products’ (International Cooperation on Cosmetic Regulation, 2016) also considered current regulations in different jurisdictions and exposure to Hg; https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1142990/heavy-metals-in-cosmetics.pdf A Feasibility Study Investigating Action Limits for Certain Heavy Metal Impurities in Cosmetic Product by Office for Product Safety & Standards published on March 2023.

The European Economic Community (EEC) Directive of 1977¹⁹⁰ enumerates the purity requirement of some of the coloring agents in Article 7 and Annex I¹⁹¹. The maximum concentration of these heavy metals as coloring agents is also mentioned for some agents. These coloring agents are standardized as GRAS – Generally Recognized as Safe. Annexure II of Cosmetic Regulations consists of the prohibition of chemicals like Arsenic, Lead cyanide, human tissue etc.

C. UNITED KINGDOM

According to the United Kingdom Cosmetic Product Regulation (CPR), the presence of a small amount of these heavy metals with absence of intention is permissible and such product shall be deemed as ‘safe for use’¹⁹². The use of heavy metals under this category is under the blanket of an ‘action limit’ and is recognized as ‘technically unavoidable in ‘good manufacturing practice.’¹⁹³

D. THE UNITED STATES

The Federal Food, Drug and Cosmetic Act¹⁹⁴ enacted in the United States regulates the healthcare products and ingredients which are used in making such products. The Act prohibits the use of any substance which may affect the health of the user. The main objective of the Act is to trace the contamination in the cosmetic product on a case-to-case basis. The Food and Drug Administration (FDA) specifies the

¹⁹⁰ Council Directive 78/25/EEC of 12 December 1977 on the approximation of the laws of the Member States relating to the coloring matters which may be added to medicinal products; OJ No. L 11 of 14. 1. 1978, p.18; (As modified by Directive 81/464/EEC of 24. 6. 1981 (OJ No L 183 of 4. 7. 1981, p. 33))

¹⁹¹ List of coloring materials authorized for coloring medicinal products as at 1.2.84

¹⁹² Article 17 ‘Traces of prohibited substances’ which states ‘The non-intended presence of a small quantity of a prohibited substance, stemming from impurities of natural or synthetic ingredients, the manufacturing process, storage, migration from packaging, which is technically unavoidable in good manufacturing practice, shall be permitted provided that such presence is in conformity with Article 3.

¹⁹³ Cosmetic products are regulated in the UK by EU retained law Regulation (EC) No.1223/2009 (European Union, 2009) setting out the rules on the supply of cosmetic products where the overriding consideration is ensuring safe cosmetic products are placed on the UK market and EU member countries. Regulation (EC) No.1223/2009 is a revision of Directive 76/768/EEC (European Union, 1976) which was the first regulation to set requirements in 1976 for cosmetic products for members of the European Economic Community (EEC).

¹⁹⁴ [As Amended Through P.L. 117–328, Enacted December 29, 2022] <https://www.govinfo.gov/content/pkg/COMPS-973/pdf/COMPS-973.pdf>

composition of the heavy metals which are used as coloring agents like lead, mercury and arsenic in cosmetic products. Further, the FDA has set a limit on the use of heavy metals in cosmetic products. For instance, no more than 1 ppm of mercury shall be used in cosmetics that fall under 21 CFR 700.13. Similarly, it prohibits the use of zirconium in aerosol products which falls under 21 CFR 700.16.

E. CANADA

Canada governs and regulates the cosmetics and involvement of chemicals through the Canadian Food and Drugs Act¹⁹⁵, which does not let a person sell any cosmetic item which injures or affects the skin or health of such a user.

F. CHINA

In China, cosmetics are legislated by 'Regulations Concerning the Hygiene Supervision Over Cosmetics'. Under this regulatory body, the Technical Safety Standards for Cosmetics 2015 is enacted and this specifies the safety standards, requirements, and ceiling for combining heavy metals with the product during manufacturing. Further, it also lays down the general requirement, components required and other evaluation processes of such products. For instance, the ceiling to use mercury in any of these product shall be less than or equal to 1 mg/kg, for arsenic it is less than or equal to 2mg/kg, for lead it shall be less than or equal to 10 mg/kg.

I. THE ASSOCIATION OF SOUTH EAST ASIAN NATIONS (ASEAN)

The South East Asian countries are governed by the Association of South East Asian Nations (ASEAN) on a global basis¹⁹⁶. The ten countries together came up with guidelines for regulating the composition of heavy metals along with cosmetic products. The guidelines set limits for

heavy metals. arsenic, cadmium, lead and mercury shall be used in quantities less than 5 ppm, 20 ppm and 1 ppm respectively.

VII. CONCLUSION

"Looking beautiful", "You're Gorgeous", "Your skin is so soft", who doesn't want these kinds of compliments? But aren't these costing too much and in some instances may be someone's life. It is so contradicting that these products come under the category of cosmetic, personal or self-care, health and hygiene care and not only costs you so much monetary expenses but also ruins your health. The question which arises is when there is no health in due course of using such cosmetics, then why health care?

It is not suggested that cosmetics products shall not be used but what should be used must be filtered. Many products may deceive the consumers by saying that it is completely organic and safe to use but ingredients will include sulphate, paraben, lead, mercury etc., which is not safe. Keeping in mind these kinds of malpractice in the cosmetic industry, various governments and organizations have started regulating the use of the heavy metals in cosmetic items. The manufacturer shall comply with such provision and incase of import then the person importing shall follow such provisions. In case of violation of the regulations, the manufacturer is penalized. In India, the law governing the standards of cosmetics is the Drugs and Cosmetics Act, 1940 along with Drug and Cosmetics Rules 1945 which set up limits for using such heavy metals in the cosmetic items.

Using beauty products is not wrong, but the quality shall be given much priority along with the ingredients. The consumer awareness in this arena shall be important. Ingredients used, composition of the cosmetic, expiry date and all related details shall be known to the consumer because these cosmetics come in contact with semi-permissible human skin and get in contact with the organs and the consumer also has a right to be informed. Hence, cosmetics

¹⁹⁵ Food and Drugs Act R.S.C., 1985, c. F-27 <https://laws-lois.justice.gc.ca/eng/acts/f-27/page-1.html>

¹⁹⁶ The ASEAN Cosmetic Directive (ACD) is an agreement among ASEAN countries to harmonize requirements of cosmetic products so as to reduce technical barriers to trade in the region. The ACD was implemented in Singapore from 1 January 2008.

shall be used with utmost care and in required quantity. What is the use of beauty without the body!

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