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Ways to Reduce Exposure to Harmful Chemicals in Nail Products

1 Learn what nail products are safer

Use tools to help identify and learn more about harmful ingredients on labels of products you buy, including nail products. The [Clearya](#) app, [EWG Healthy Living](#) app, and [California Safe Cosmetics Database](#) are three resources.



2 Stay informed

Product labels and safety claims are not always correct. In our recent [lab study](#), we found:

- Some products claiming to be free of harmful chemicals contained those very chemicals.
- All 17 products marketed to children contained chemicals of concern.

3 Reduce your use

By limiting the use of nail products, you can reduce your exposure to any harmful ingredients in those products.

4 Apply nail products safely

Best practices to reduce exposure include:

- Making sure you have good ventilation when doing nails. Use an exhaust fan or open doors and windows.
- Following instructions on product labels.
- Closing nail product containers tightly when not in use.
- Avoiding acrylic nail services.

Nail salon employees can:

- Use personal protective equipment (PPE). This could include face mask respirators, protective eyewear, and nitrile gloves. PPE can help protect you from breathing in or touching chemicals that can be harmful.
- Use good ventilation when doing nails, preferably a mechanical ventilation system. Or use an exhaust fan or open doors and windows.
- Read safety data sheets for products and chemicals you work with. These can tell you ways to use them safely.
- Follow safe practices when handling, transferring, and storing chemicals.
- Follow requirements to get rid of chemical waste safely.



5 Go to a Certified Healthy Nail Salon if available in your area

Certified Healthy Nail Salons must use proper PPE, keep good ventilation, and avoid the most harmful chemicals. They are located in:

- [Alameda County](#)
- [San Francisco](#)
- [Santa Clara County](#)
- [Santa Monica](#)
- [San Mateo County](#)

If you live elsewhere, [contact your local representative](#) to let them know you'd like a healthy nail salon in your community!

6 Review our resources

- Our [website](#) offers resources on how to implement our [Healthy Nail Salon guidance](#).
- Watch **training videos** ([English](#) and [Vietnamese](#)) about the main chemical hazards in nail salons and how to best avoid them.
- Read our [Background Document](#) and [Laboratory Study](#).



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