

# A Review on Potential Health Risk and Side Effect from Prolong Use of Lip Care Product

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**Abstract:** *This review examines the potential health risks and side effects associated with lip care products, including exposure to toxic metals and chemicals, and highlights the need for consumer awareness and safer alternatives. Lip care products, including balms, glosses, and treatments, are widely used for maintaining lip hydration and enhancing appearance. Studies have identified the presence of heavy metals like lead, cadmium, and chromium in various lip products have been linked to various health issues, including reproductive problems and neurotoxicity. Long-term use of lip care products can lead to potential side effects, including exposure to toxic heavy metals, hormonal disruption, and skin issues. In addition to heavy metals, certain lip care products their potential links to breast cancer. This review explores the risks associated with prolonged lip care product use and emphasizes the importance of choosing safer, natural alternatives.*

*The use of lip care products contributes to environmental pollution through packaging waste, chemical contaminants, and microplastics, posing hazards to ecosystems and wildlife, and highlighting the need for eco-friendly alternatives and sustainable practices in the cosmetics industry.*

**Keywords:** Toxic metals, Heavy metals, Lead, Cadmium, Chromium, Health issues

