



## INGREDIENTS TO AVOID

The following list is partial list of ingredients to avoid in your personal care products. These ingredients are either skin irritants or ones we consider to pose a potential health risk:

- Alcohol,
- Aluminum ingredients,
- BHA and BHT,
- Colorants (d & c and other coal tar dyes),
- Dimethicone, DEA (all ingredients with DEA after the first word such as cocamide - dea),
- DMAE-Dimethylaminoethanol,
- Formaldehyde,
- Fragrance (it is difficult to determine what is contained under the umbrella term "fragrance" and whether it is safe),
- Non Vegetable Glycerin (usually a petrochemical),
- Hydroquinone,
- Idebenone,
- Methylisothiazolinone,
- Octyl Stearate,
- PABA,
- Parabens (methyl, propyl, etc. - paraben family),
- Petro-chemicals (petrolatum, mineral oils, vaseline),
- Polyethylene Glycol (PEG), Propylene Glycol (PG),
- Phenoxyethanol,
- Sodium Lauryl Sulfate (SLS),
- Sodium Laureth Sulfate (SLES),
- TEA (all ingredients with TEA after the first word),
- Tocopherol acetate,
- Triclosan, Urea (Imidazolidinyl)

### **DID YOU KNOW...**

Only 11% of the 10,500 chemicals used in cosmetics have been screened for safety?

### **WHY WE DON'T USE ALCOHOL...**

*Alcohol disturbs the skin's natural acid mantle – leading to accelerated trans-epidermal water loss – resulting in dull, dry skin. Alcohol also stimulates melanocytes which can lead to hyperpigmentation and increased age spots.*

*A recent study suggests that a large number of individuals with multiple chemical sensitivity are actually allergic to alcohol, which compromises the skin's integrity and exposes the deeper layers of the skin to environmental toxins.*