



## Toxic Ingredients to Avoid

Read the ingredients list of the skincare products you purchase, and avoid the following toxic ingredients:

1. Sodium Lauryl **Sulfate** (SLS)
2. Ethanolamines
3. Butylated hydroxyanisole (BHA)
4. Formaldehyde
5. Triclosan and Triclocarban
6. Coal Tar
7. Oxybenzone
8. Parabens
9. Polyethylene glycol (PEG)
10. Retinol
11. Petroleum Distillates
12. Fragrance
13. Phthalates
14. Nanoparticles
15. Hydroquinone
16. Silicone-derived Emollients
17. Talc

## Derivatives and Preservatives

Petroleum derivatives are often found in store-bought skincare products and cosmetics, including:

Polysorbates = DEA or TEA

Mineral Oil = Paraffinum Liquidum

Petrolatum = Petroleum Jelly

Also keep an eye out for preservatives that don't sound dangerous, but can have adverse effects on your skin and health, like:

Parabens – Might be labeled as butylparaben or propylparaben.

Benzyl Alcohol – Avoid skincare products with this preservative as it may cause allergic reactions.

## Natural Skincare Products

### 100% Pure

Organic skin care line with all-natural, non-toxic ingredients. Uses ingredients like pineapple, argan oil, and cucumber.

### Herbivore Botanicals

Skincare line is cruelty-free, consisting of natural, sulfate-free, and paraben-free ingredients. Look for products with steam-distilled and cold-pressed oils.

### Rosemira

Organic skincare with all-natural ingredients found around the world, including the popular cleansers with pineapple.

### Juice Beauty

Popular skincare brand using only certified organic ingredients, such as fruit acids, organic juice blends, and various vitamins.

## Drugstore Natural Skincare Brands

### Avalon Organics

Makes skincare products and cosmetics with herbs, oils, and other natural ingredients. Look for the Lavender line of products.

### Thayer's

A popular drugstore brand, Thayer's offers skincare products with ingredients like aloe vera and witch hazel to be non-toxic and alcohol-free.

### Dr. Bronner's

Look for Dr. Bronner's at your local drugstore or retail store for products like the Hemp Lavender Pure Castile Soap.

### Yes to Carrots

This is an organic skincare brand found at most drugstores, using only natural ingredients like in the fragrance-free daily moisturizer.



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## Additional Tips:

- Avoid added fragrances like Volatile Organic Compounds (VOCs)
- Read the Ingredients - Terms like 'Natural' or 'Organic' are Subjective
- Simplify your skincare routine to use less products overall
- Research natural skincare companies