



Top 10 skin care ingredients to avoid

As the beauty industry is highly unregulated, we suggest limiting your exposure to synthetic chemicals that may be potentially harmful (irritants, endocrine disruptors or carcinogens) by sticking with natural, organic skin care products and thoroughly researching ingredients.

These are the top 10 potentially toxic ingredients we highly recommend avoiding.

Avoid these:

1. Parabens.

Preservatives that may possess oestrogen-mimicking properties that are associated with an increased risk of breast cancer.

2. Synthetic colours (FD&C or D&C).

Petroleum or coal tar derived and may have links to cancer and ADHD in children.

3. Phthalates.

Endocrine disruptors that may have links to early breast development in your girls, decreased sperm count, increased risk of breast cancer as well as reproductive birth defects.

4. Triclosan.

Antimicrobial chemical listed as a pesticide by the EPA. It is a known endocrine disruptor and skin irritant and may contribute to antibiotic-resistance.

5. Sodium lauryl sulfate (SLS) / Sodium laureth sulfate (SLES).

Foaming agents that are skin, lung, and eye irritants and may combine with other chemicals to form nitrosamines, a carcinogen.

6. Formaldehyde.

Used to help prevent bacteria growth, formaldehyde may cause allergic skin reactions and was deemed a human carcinogen by The International Agency for Research on Carcinogens (IARC).

7. Toluene.

A petrochemical that can affect your respiratory system and irritate your skin. Exposure to toluene vapours should be avoided by expectant mothers as it may cause developmental damage in the fetus.

8. Propylene glycol.

Used as a skin-conditioning agent it may cause dermatitis and hives, and is a known penetrator (increases the absorption of other chemicals).

9. Sunscreen chemicals.

Benzophenone, PABA, avobenzene, homosalate and ethoxycinnmate are endocrine disruptors that may also cause cellular damage and cancer in the body.

Diethanolamine (DEA)

A lathering agent that when combined with some other ingredients in a shampoo, cream or lotion, may produce nitrosodiethanolamine (NDEA), an extremely carcinogenic compound which can easily be absorbed through the skin.