

10 INGREDIENTS TO AVOID FOR HEALTHY SKINCARE

By Vanessa Nixon, CEO, Herbs of Grace, Traditional Naturopath



NATURAL LOOK
MINERAL MAKE-UP™



1. Synthetic fragrances -

Commonly found in perfume, soap, shampoo, deodorant, lotion, sunscreen, makeup
Have been scientifically correlated with neurotoxicity.

2. Synthetic dyes -

Commonly found in makeup, lip balm, lipstick, soap and other skin care products
Have been linked to health conditions ranging from ADHD to cancer.

3. Parabens -

Commonly found in makeup, moisturizers, deodorants, hair care and shaving products
May contribute to cancers and are suspected endocrine disruptors.

4. Ureas -

Commonly found in moisturizers, glitters, shampoos, creams and lotions
Release cancer causing formaldehyde.

5. BHA and BHT -

Commonly found in makeup, creams, lotions, sunscreen and shampoo
Considered endocrine disruptors and may contribute to cancer.

6. Propylene Glycol and PEG compounds -

Commonly found in deodorants, shampoos, moisturizers and facial cleansers
May be genotoxic and are often contaminated with ethylene oxide, which is carcinogenic.

7. Pthalates -

Commonly found in nail polish, perfume, hair spray, shampoo and deodorant
Have shown scientific links to endocrine disruption

8. Siloxanes -

Commonly found in moisturizers, shampoos, deodorants and makeup
Are suspected endocrine disruptors and reproductive toxicants.

9. SLS – Sodium Lauryl Sulfate and Sodium Laureth Sulfate -

Commonly found in facial cleansers, soaps, shampoos, sunscreen and toothpaste
Are skin irritants and often contaminated with ethylene oxide, which is carcinogenic.

10. Triclosan -

Commonly found in deodorant, toothpaste, hand sanitizer and soap
Contributes to antibiotic resistance and is a suspected endocrine disruptor.

HERBSOFGRACE.COM

100% Mineral Make-Up, 100% Vegan
(Only Minerals. No Synthetics, No Additives, No nano-particles)



[Natural Women who love Natural Makeup FB Group](#)

<https://www.instagram.com/herbsofgrace>

<https://twitter.com/HerbsofGrace>

vanessa@herbsofgrace.com

NATURAL LOOK
MINERAL MAKE-UP™

