

15 INGREDIENTS TO AVOID IN COSMETICS

Phthalates - carcinogen and hormone disruptor

Parabens - associated with certain types of cancer

Sodium Laureth Sulfate (SLES) and Sodium Lauryl Sulfate (SLS) - very irritating and has been linked to disrupting the endocrine system

Diethanolamine (DEA) and Triethanolamine (TEA)- carcinogenic

Triclosan - hormone disruptor and irritant (banned in soaps but allowed in other products)

Synthetic fragrance - irritating and cause allergic reactions

Chemical UV filters like Octinoxate and Oxybenzone - increase risk of skin cancer (FOUND IN SUNBLOCK)

Formaldehyde and Formaldehyde Releasers - carcinogen and hormone disruptor

Certain Polyethylene (PEGs) like PEG-10 Laurate - toxic to human health and they can be irritating

Butylated hydroxyanisole (BHA) and Butylated Hydroxytoluene (BHT) - carcinogen

Benzalkonium Chloride - severe irritation in the eyes, skin, and respiratory system as well as allergy triggers (It's commonly found in sunscreens and moisturizers)

Hydroquinone - organ toxicity and cancer

Methylisothiazolinone and Methylchloroisothiazolinone - side effects include sensitivity, irritation, and allergies

Toluene- toxic to the liver and immune system

Triclocarban - harmful to the reproductive system as well as aquatic life