

# Top 12 Ingredients to Avoid in Personal Care Products

## A buyers guide to healthier living for your entire family!

### Parabens or anything ending in 'paraben'

Hormone disruptor has been found in breast cancer cells. Prevalent in lotion, shampoo, shaving cream, sunscreen, makeup and baby wash.

### Mineral oil

Byproduct of the petroleum industry, clogs pores, not beneficial for skin.

### 'PEG' and items ending in '-eth', 1,4 dioxane

Allergens, toxic contaminants, linked to cancer. Prevalent in shampoo, hair spray, skin crème, sunscreen and baby soap.

### Sodium lauryl or laureth sulfate

Skin damage or reactions, toxic contaminants. Found in shampoo, hair detangler, body spray, lotion and liquid soap.

### Triclosan & triclocarban

Damage to environment, thyroid disruptor, skin irritation and dryness. Prevalent in antibacterial soap and hand sanitizer.

### Synthetic fragrances

Many fragrances contain formaldehyde, hormone disruptors and phthalates. Companies have a choice to use no fragrance or natural scents that do not contain these toxins.

### Formaldehyde & ammonia; diaminobenzene

Toxic to humans! Often found in nail polish, nail polish remover, hair dye and some perfume.

### Oxybenzone and cinnamates

Many disrupt hormone levels, while damaging cell protein and DNA. Found in a variety of sunscreen lotion and sunscreen spray, marketed especially for use in children.

### Methylchloroisothiazolinone

Allergens, harmful to nervous system.

### Retinyl palmitate & retinol (vitamin A)

Nutrient that may damage DNA and speed the growth of skin tumors when used topically. Often found in anti-aging skincare.

### Hydroquinone

Skin-lightening chemical that inhibits the production of melanin. Linked to cancer, organ toxicity, irritations. Popular ingredient in skin-lightening creams.

**D.E.A, T.E.A and M.E.A.** (diethanolamine, triethanolamine and monoethanolamine), are ammonia-based compounds used as emulsifiers and foaming agents in cosmetics, shampoos, soaps, body washes, shaving creams and sunscreen. The International Agency for Research on Cancer warns that DEA can react with nitrites in other products to form a carcinogenic combination. TEA and MEA are also believed to pose the same danger.

## How many chemicals are you wearing?

You may not be aware that there are thousands of chemicals added to the products you may be using everyday.



### EYESHADOW & MASCARA

**AVERAGE CHEMICALS: 26**

**Most toxic:** aluminum powder  
imidazolidinyl urea polyacrylamide



### FOUNDATION

**AVERAGE CHEMICALS: 24**

**Most toxic:** linalyl geraniol oxybenzone



### LIPSTICK

**AVERAGE CHEMICALS: 33**

**Most toxic:** retinyl palmitate (synthetic vitamin A) lead D&C colors BHT



### BLUSH

**AVERAGE CHEMICALS: 16**

**Most toxic:** parabens quaternium-15  
crystalline silica



### DEODORANT

**AVERAGE CHEMICALS: 8**

**Most toxic:** aluminum propylene glycol  
parabens



### PERFUME/COLOGNE

**AVERAGE CHEMICALS: 250-400**

**Most toxic:** phthalates synthetic  
fragrances isoeugenol coumarin



### LOTION & SUNSCREEN

**AVERAGE CHEMICALS: 32**

**Most toxic:** parabens petrolatum  
urea cetareth-2, 20 oxybenzone  
1, 4 dioxane\*



### SHAMPOO & BABY WASH

**AVERAGE CHEMICALS: 15**

**Most toxic:** sodium lauryl/laureth sulfate  
methylisothiazolinone cocamide dea  
1, 4 dioxane\* PEGS\*



### ANTIBACTERIAL SOAP

**AVERAGE CHEMICALS: 19**

**Most toxic:** methylchloroisothiazolinone  
triclosan benzyl alcohol parabens



### ANTI-AGING SKINCARE

**AVERAGE CHEMICALS: 30**

**Most toxic:** retinyl acetate triethanolamine  
PEGs\* BHA polysorbate 20\*

### CAN LEAD TO:

- Neurotoxicity
- Organ toxicity
- Cancer
- Hormone Disruption
- Allergies/Immunotoxicity
- Developmental/Reproduction Issues

\*Contamination concerns with ethylene oxide and 1, 4 dioxane.

Since skin is our largest organ, why not choose a brand that cares about your health?  
At Lemongrass Spa, our products are handcrafted with healthy, safe ingredients that  
heal, condition and pamper.