

8 HARMFUL CHEMICALS

In Skin & Hair Care Products

Listed below are the 8 chemicals on the "most wanted" list -- the 8 Chemicals we most want to see OFF labels of skin and hair care products. Avoid these harmful, toxic chemicals.

1. **Propylene Glycol** - This is a cheap, synthetic petrochemical used as a emulsifying base in creams and lotions to make the skin look smooth, but ultimately it ages the skin faster. The Material Safety Data Sheet tells you to avoid skin contact with it because it's a skin irritant! It can denature the skin's protein, leading to poor, saggy skin. It can be absorbed through your skin and potentially cause allergic reactions, and liver and kidney damage.
2. **Sodium Lauryl Sulfate (SLS)** - This harsh, caustic detergent is used because it's cheap and suds well. It's used as an engine degreaser and garage floor cleaner but you'll also find it in shampoo, soap, facial cleanser, etc. Research shows that SLS has a degenerative effect on the cell membranes and denatures protein such as in hair or skin. This can damage skin or hair, leading to aged skin and poor hair. SLS can corrode hair follicles and inhibit hair growth, contributing to hair loss. SLS has the potential to cause cataracts (through skin absorption, even without direct eye contact). SLS can denature the protein of the eyes and delay the healing time of the eyes. From skin contact, SLS can be absorbed into your circulation and concentrate in your organs, such as your heart, liver or brain. This is potentially dangerous since SLS is a mutagen, capable of changing the information in the genetic material of your cell and organs.
3. **Mineral Oil** - This cheap, petroleum-based oil clogs the skin's pores and enlarges them, leading to poor, saggy skin. It decreases the ability of the skin cells to exchange nutrients and waste products. Those allergic to petroleum products may develop skin irritations.
4. **Fragrance** - When the word "fragrance" is listed on a label, it means a synthetic fragrance made in a test tube from any of over 200 synthetic chemicals. These "fragrance" chemicals, which can bio-accumulate in your organs, can cause many symptoms, such as headaches, lung problems, skin irritation, dizziness, memory impairment, rash, and more. They are very cheap, toxic imitations of real herbal scents.
5. **Parabens (Propyl, Methyl, Butyl, or Ethyl)** - These cheap preservatives are used to inhibit microbial growth in skin care or hair products even though they are known to be highly toxic. They have caused many allergic and skin reactions.
6. **Imidazolidinyl and Diazolidinyl Urea** - These are the most commonly used preservatives after the parabens. They are an established cause of contact dermatitis (American Academy of Dermatology) and release formaldehyde (a toxic chemical).
7. **Synthetic Colors** - Synthetic colors are used in skin cream or shampoo to make it colorful. Avoid them at all costs, along with hair dyes (with the exception of some henna products). They can cause allergy, skin and nerve problems. Synthetic colors are labeled as FD&C or D&C, followed by a number and color.
8. **Triethanolamine (TEA)** - Often used in the base of a product and to adjust the pH. TEA causes allergic reactions including eye problems, dryness of hair and skin, and can be toxic if absorbed into the body over time.