

Skincare Ingredient



CHECKLIST!



It's time to audit our skincare products! Don't worry, we've done all the digging and put together a list of ingredients you want to AVOID!

- PARABENS
- LINALOOL
- FORMALDEHYDE
- LIMONENE
- BENZYL ALCOHOL
- PHENETHYL ALCOHOL
- ACRYLATES COPOLYMER
- PEG-120 GLYCERYL STEARATE
- ETHYLHEXYLGLYCERIN

If you've ticked yes to any of the these ingredients it is strongly recommended you check with your supplier as to the % of ingredient or throw the product out immediately as you may be causing damage to your greatest asset!

TOXIC INGREDIENT

OVERVIEW

PARABENS ✖

A type of preservative used in beauty products to prolong the shelf life of products which prevent mould and bacteria growing within them. Not only do Parabens cause skin irritation, they can potentially cause serious health issues.

✖ **FORMALDHYDE**

Formaldehyde is a colourless, flammable as often used in beauty products and skincare which over time help to protect against contamination by bacteria during storage and continued use. The chemical can release small amounts into the air shortly after applied through skincare and it is found to be most dangerous when inhaled.

BENZYL ALCOHOL ✖

A type of alcohol that is considered moderately safe, however its toxicity is possible with over use. It has been found to cause itching and irritation on the skin when used in skincare products.

✖ **PHENETHYL ALCOHOL**

Phenethyl Alcohol prevents bacterial growth from spoilage. Scientific studies have found it causes skin irritation at low doses, and brain and nervous system effects at moderate doses.

ACRYLATES COPOLYMER ✖

A form of microplastic, Acrylates Copolymer is a group of polymers regarded for their transparency, resistance to breakage, and elasticity. It has been found to show slight levels of skin irritation when used in skincare products.

✖ **PEG-120 GLYCERYL STEARATE**

PEG-120 Glyceryl Stearate can cause irritation and system toxicity if applied to broken or damaged skin. Additionally, the ingredient can reduce the skins moisture levels and speed up skins ageing.

ETHYLHEXYLGLYCERIN ✖

Ethylhexyl Glycerin is used as an anti- bacterial in beauty products and skincare which stabilises perfumes. It can be especially harmful to nursing mothers or infants as it irritates the skin and eyes, and can cause blistering on skin.

✖ **LINALOOL**

Linalool is a component of many essential oils such as orange, lavender and rose. The main issue with Linalool is the risk of skin irritation and allergic reactions.

LIMONENE ✖

Whilst Limonene can help to improve the scent of skincare formulas, it has been proven to cause sensitivity and irritation, particularly with sensitive skin types.

GOOD INGREDIENTS CHECKLIST!



Let's flip the switch and talk about good ingredients!
We're all about using nourishing ingredients. That's why
we use skincare, right?!

- CETEARYL ALCOHOL
- GLYCERYL STEARATE
- SODIUM STEAROYL GLUTAMATE
- NONI FRUIT EXTRACT
- GRAPEFRUIT EXTRACT
- GOJI BERRY EXTRACT
- KAKADU PLUM EXTRACT

GOOD INGREDIENT

OVERVIEW

CETEARYL ALCOHOL



The ONLY type of alcohol we like in skincare products. It is permitted by the FDA as an ingredient product labels can label as 'alcohol free'. It helps to soften, soothe and heal dry skin.



GLYCERYL STEARATE

Glyceryl Stearate acts as a lubricant on the skins surface, giving the skin a soft and smooth appearance. Even better, it slows the loss of water from the skin by forming a barrier on the skins surface.

SODIUM STEAROYL GLUTAMATE



Sodium Stearoyl Glutamate is an amino acid based emulsifier that helps water and oil to mix and stay mixed. It is a natural, environmentally friendly and hypoallergenic ingredient.



NONI FRUIT EXTRACT

Noni Fruit Extract is a super fruit ingredient known for its healing and rejuvenating abilities on the skin due to its abundance of Vitamins A & C, and antioxidants. These antioxidants protects against free radicals which lead to signs of aging. Noni Fruit also has antibacterial and anti-fungal properties to keep skin free of infection.

GRAPEFRUIT EXTRACT



Grapefruit extract is a reviving and energetic skincare ingredient that brings out energy and vibrancy to the skin. It has anti-bacterial, anti-viral and anti-fungal properties which is useful in the treatment of acne and skin infections.



GOJI BERRY EXTRACT

Goji Berry extract helps skin to retain moisture, keeping dry and dehydrated skin feeling fresh. It is full of vitamins A and C which have brightening benefits on the skin.

KAKADU PLUM EXTRACT



Kakadu Plum extract has a high amount of Vitamin C and soothing anti fungal properties. It is excellent for all skin types but those with acne prone skin will benefit highly due to the antioxidants that work to detoxify and remove toxins.



Be sure to check out all of your skincare products for both toxic and good ingredients! It is so important to treat your skin with the respect it deserves!