THE **BEAUTY** *WATCH LIST* ™

Personal care products should support our health, not compromise it. If any of your products contain ingredients in this list, they are either banned in the EU, or are being closely watched because they are known, or suspected to have negative health impacts. Protect your health now...

There's a lot of hype around the word 'clean' right now. Whether it's clean eating or clean beauty, but what do we actually mean by clean? Well, in a beauty sense, clean products should only include ingredients to support health, not compromise it. When companies create their formulas, safety and quality of ingredients should be the main priority.

As a consumer, it's important to know your stuff when it comes to what's in your products. Just as you want to know where your food came from and what you're putting into your body, you should also seek to find out what exactly you're putting on your skin. Whether that be in the form of makeup, moisturizers, suncreams and even fragrances. Anything that goes on your skin is can ultimately be absorbed into your body, so it's important to be in the know.

Many of you may be shocked to learn that cosmetics companies in the USA are free to put a number of potentially dangerous chemicals into their products. It's been a staggering 80 years since Congress last passed cosmetics law.

Let's hit you with some stats… In Europe there are more than 1,300 ingredients on the 'banned list', meaning they can't ever be used in health and beauty products. Yet, here in America, there are just 8 prohibited ingredients on

that list… something doesn't quite stack up!

We're not saying all American health and beauty products are packed to the gills with toxins, but we think it's pretty alarming that this isn't taken more seriously. We want to put our cards on the table right here, right now and reassure our lovely consumers that we comply wholly with the EU Cosmetics Regulations – always have and always will. Using anything else other than those deemed safe just isn't in our nature. The EU leave no stone unturned when looking into the effects of different ingredients, so if they're banning something, it's for good reason.

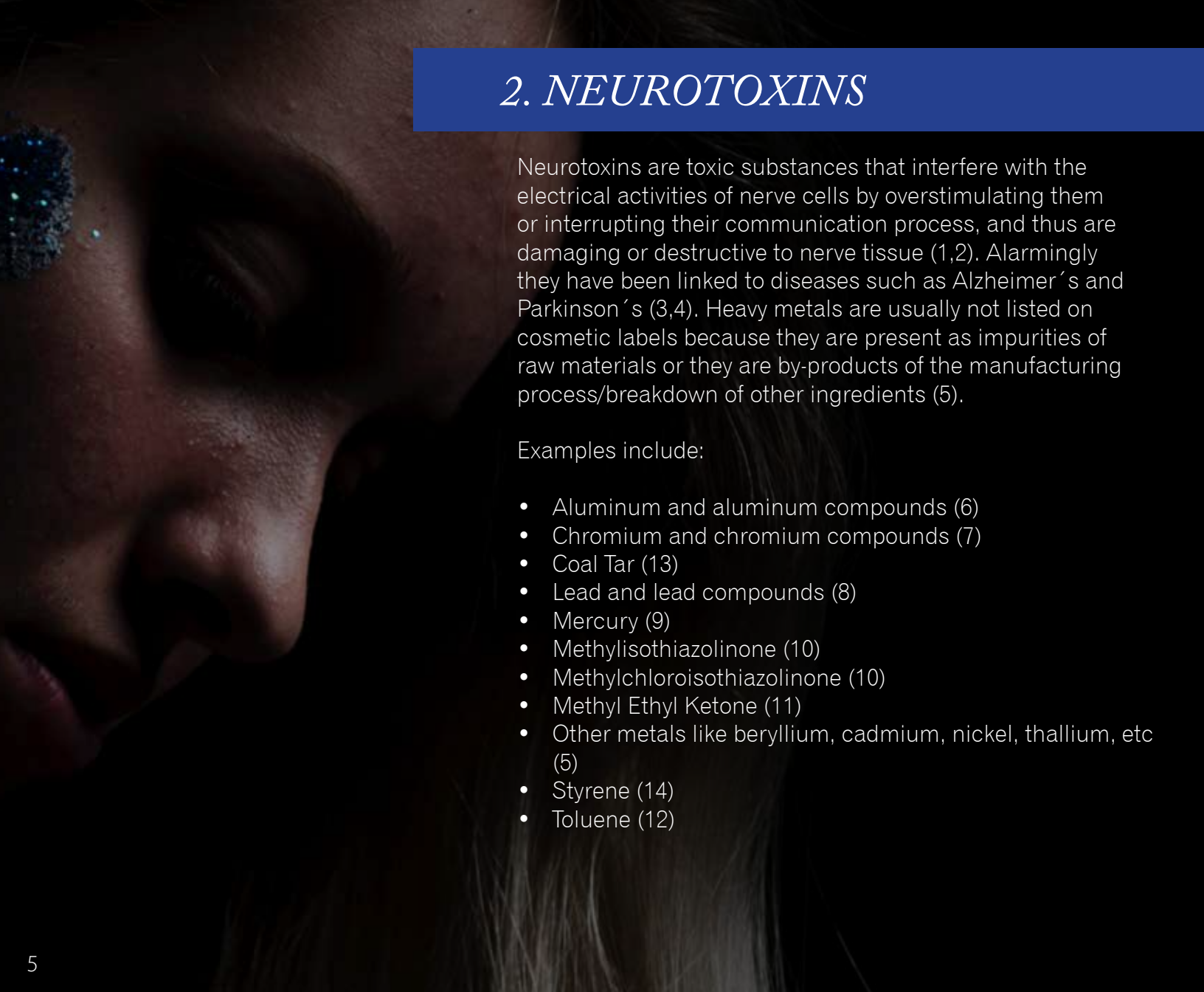
That's why ALL our products contain only clean, wonderful ingredients with no hidden surprises!

Now, back to this list of toxins in The Beauty Watch List™; in order to give you a helping hand in understanding these ingredients, we've broken them down into their 13 classifications, which is a much easier way of learning what's what…

1. PETROCHEMICALS

As the name alludes to, these are compounds derived from petroleum and gas – not what you would want to find in your luxurious face cream! They could be contaminated with polycyclic aromatic hydrocarbons (PAHS), which have caused reproductive carcinogenic and teratogenic effects along immune and skin damage on laboratory animals (1). Mineral oil, one of the main petrochemicals used in skincare, coats the skin like plastic, clogging pores and creating a build-up of toxins. It also slows cellular development, which can cause earlier signs of aging. More worryingly, it is also suspected to cause cancer and disrupt hormonal activity (2). Examples include:

- Benzene (4)
- Coal tar dyes (FD&C and D&C colors; 4)
- Ethanolamines: DEA, MEA, TEA (4)
- Ingredient names with the clause “butyl” like butylene glycol (4)
- Ingredient names with the clause “eth” like ceteareth (4)
- Ingredient names with the clause ethyl like ethylenediaminetetraacetic acid (EDTA; 4)
- Ingredient names with the clause “methyl” like methyl alcohol (4)
- Ingredient names with the clause “propyl” propylene glycol (4)
- Mineral oil (liquid paraffinum, paraffin oil, paraffin wax, petrolatum; 4)
- PEG compounds (polyethylene glycol, polyoxyethylene; 4)
- Petrolatum (3)
- Phenoxyethanol (4)
- Synthetic fragance (4)
- Toluene (4)



2. NEUROTOXINS

Neurotoxins are toxic substances that interfere with the electrical activities of nerve cells by overstimulating them or interrupting their communication process, and thus are damaging or destructive to nerve tissue (1,2). Alarmingly they have been linked to diseases such as Alzheimer´s and Parkinson´s (3,4). Heavy metals are usually not listed on cosmetic labels because they are present as impurities of raw materials or they are by-products of the manufacturing process/breakdown of other ingredients (5).

Examples include:

- Aluminum and aluminum compounds (6)
- Chromium and chromium compounds (7)
- Coal Tar (13)
- Lead and lead compounds (8)
- Mercury (9)
- Methylisothiazolinone (10)
- Methylchloroisothiazolinone (10)
- Methyl Ethyl Ketone (11)
- Other metals like beryllium, cadmium, nickel, thallium, etc (5)
- Styrene (14)
- Toluene (12)

3. ENDOCRINE DISRUPTING CHEMICALS (EDCS)

These are chemicals, mostly manmade, found in everything from foods to health and beauty products, even toys (1). They can interfere with the body´s endocrine system by increasing or decreasing production of certain hormones; mimicking them, by turning one hormone into another; interfering with hormone signaling; instructing cells to die prematurely; competing with essential nutrients; binding to essential hormones, and accumulating in organs that produce hormones (2). Not nice! These disruptions can cause cancerous tumors, birth defects as well as reproductive, developmental, neurological and immune effects in both humans and wildlife. Xenoestrogens, which cause estrogen dominance, are arguably the most well-known EDCs.

Watch out for:

- Benzene (3)
- Benzophenone (4,5)
- Bisphenol A (BPA; 1,2) *
- BHA (butylated hydroxyanisole; 6)
- BHT (butylated hidroxytoluene; 7)
- Boric Acid (43)
- Dioxin (2)
- Fragrance/Synthetic Musks (4,5,41)
- Homosalate (8,9,10)
- Octinoxate (Octyl Methoxycinnamate; 11,12,13,14,15)
- Oxybenzone (4,5)
- PABA (42)
- Parabens (16,17,18,19,20)
- Polytetrafluoroethylene (PTFE/ Teflon; 21,22,23,24,25)
- Pthalates (26,27,28,29)
- Resorcinol (30,31,32,33,34)
- Synthetic musks (35,36,37)
- Styrene (44)
- Triclosan (38,39)
- Triphenyl Phosphate (40)

*found in plastic containers

4. pH DISRUPTORS

These chemicals strip the skin's acid mantle either by overly acidifying the skin (chemical peels) or overly alkalizing it (foaming cleansers). The acid mantle is formed by secretions from sweat and sebaceous glands as well as the breakdown of fatty acids by beneficial microflora (1). It acts as a barrier and allows lipids and moisture onto the skin, while protecting it from environmental pollution and non-beneficial bacterial (2). As you might expect, the acid mantle is at its strongest and most effective when the skin is slightly acidic (2). Researchers have found the optimal pH range of acidity is between 4.7 and 5 (3). Studies have shown women whose skin is in an alkaline state tend to develop more fine lines and crow's feet around their eyes than those with acidic skin (4). Skin in an alkaline state tends to be drier, more brittle, and more susceptible to sun damage than a mildly acidic skin surface (4). Mildly acidic skin has been found to have a 50 per cent lower rate of wrinkling than those with alkaline skin (4). The effect of pH on adhesion of resident skin micro flora was also assessed; an acid skin pH (4.7 – 5) keeps the resident bacterial flora attached to the skin, whereas an alkaline pH (8–9) promotes the dispersal from the skin. In vitro, Propionibacterium acnes (P. acnes) have been found to flourish at pH values between 6 and 6.5, whereas its growth is considerably decreased at pH values less than 5.5 (6). Rosacea and eczema sufferers have increased facial pH values, compared to those of people with healthy skin, which make them prone to irritation (5,7,14). Look out for:

- Acids: azelaic, alpha hydroxy, beta hydroxy, kojic acid, trichloracetic acids, etc. (5,8)
- Alcohols: ethanol, SD alcohol, isopropyl alcohol (14)
- Benzoyl Peroxide (5)
- Chlorinated Water (9)
- Jessner Formula: lactic acid, salicylic acid, resorcinol (5)
- Phenol (10)
- Retinol and its Derivatives (11)
- Soap bars (12)
- Sulfur (5)
- Surfactants: anionic, cationic and zwitterionic (13)
- Troclocarban (5)

5. CARCINOGENS

Any substance capable of causing cancer in living tissue. Due to the lack of proper regulation of cosmetic ingredients by the FDA, it is extremely common to find carcinogens in personal care formulas. The FDA states "cosmetic products and ingredients are not subject to FDA premarket approval authority, with the exception of color additives… Cosmetic firms are responsible for substantiating the safety of their products and ingredients before marketing." Examples include:

- Acetaldehyde (51)
- Acrylates: ethyl acrylate, ethyl/methyl methacrylate, acrylates/acrylamide copolymer, etc (53)
- Benzene (1,2,3,4)
- Benzophenone & related compounds: avobenzone/ parsol 1789, oxybenzone (5,6)
- Coal tar (7,8,9,10)
- Ethanolamine compounds (DEA, MEA, TEA; 11,12,13,14)
- Ethylane oxyde (15,16,17)
- Formaldehyde (18,19,20,21)
- Fragrance (22)
- Heavy metals (23,24,25; arsenic, cadmium, chromium, etc*)
- Hydroquinone (26)
- Mineral oils (27,28,29)
- Phenacetin (30,31,32,33)
- Polyacrylamide (34)
- Polytetrafluoroethylene (PTFE/Teflon; 35,36,37,38)
- P-Phenylenediamine (39,40,41)
- Retinol compounds (42)
- Silica (43,44,45,46)
- Styrene (52)
- Talc (47,48,49)
- Titanium dioxane (when inhaled; 50)

* heavy metals, such as chromium and cadmium serve as colorants in make-up, but others, such as arsenic are present in shampoo, facial lotion, foundation, etc. as a result of cosmetic ingredients contamination.

6. FORMALDEHYDE AND RELEASERS

Formaldehyde is the simplest and most reactive aldehyde used as a preservative and desinfectant. Formaldehyde is a known carcinogen (1,2,3,4,5) and irritant (6,7,8). In the cosmetic industry, formaldehyde is present as an impurity that is released by the following preservatives (9):

- 2-bromo-2-nitropropane-1,3-dio (bromopol)
- DMDM hydantoin
- Diazolidinyl urea
- Formaldehyde
- Glyoxal
- Imidazolidinyl urea
- Quarterium-15
- Sodium hydroxymethylglycinate
- Tosylamide

7. 1, 4 DIOXANE-CONTAINING CHEMICALS

A carcinogen and endocrine disruptor (1,2,3,4) forms when an ingredient undergoes the process known as ethoxylation (ethylene oxyde is added to a petroleum-based substance to make it more soluble in water and reduce its risk of irritation). 1,4-dioxane contaminates up to 46% of personal care products tested (OCA 2008, EWG 2008 (5). Here is a list of ethoxylated ingredients:

- Ceteareth
- Laureth
- Oleth
- PEG compounds
- Polysorbates
- Sodium laureth sulfate
- Steareth
- All chemicals that include the clauses eth and xynol

8. NITROSAMINE-FORMING CHEMICALS

These carcinogenic (1,2,3) compounds are present in various food products, they are formed in cured meats by the conversion of sodium nitrate. In the health and beauty industry, they are generated when amines mix with preservatives that can break down into nitrates. Like 1,4 dioxane, nitrosamines are not listed on product labels because they are impurities (4,5).

- Aminomethyl propanol
- Cocamidopropyl Betaine
- Cocamide DEA
- DEA (diethanolamine)
- Hydrogenated lecithin
- MEA (monoethanolamine)
- Sodium Lauryl Sarcosinate
- Stearalkonium hectorite
- TEA (triethanolamine)
- Ingredient names with the clause amine

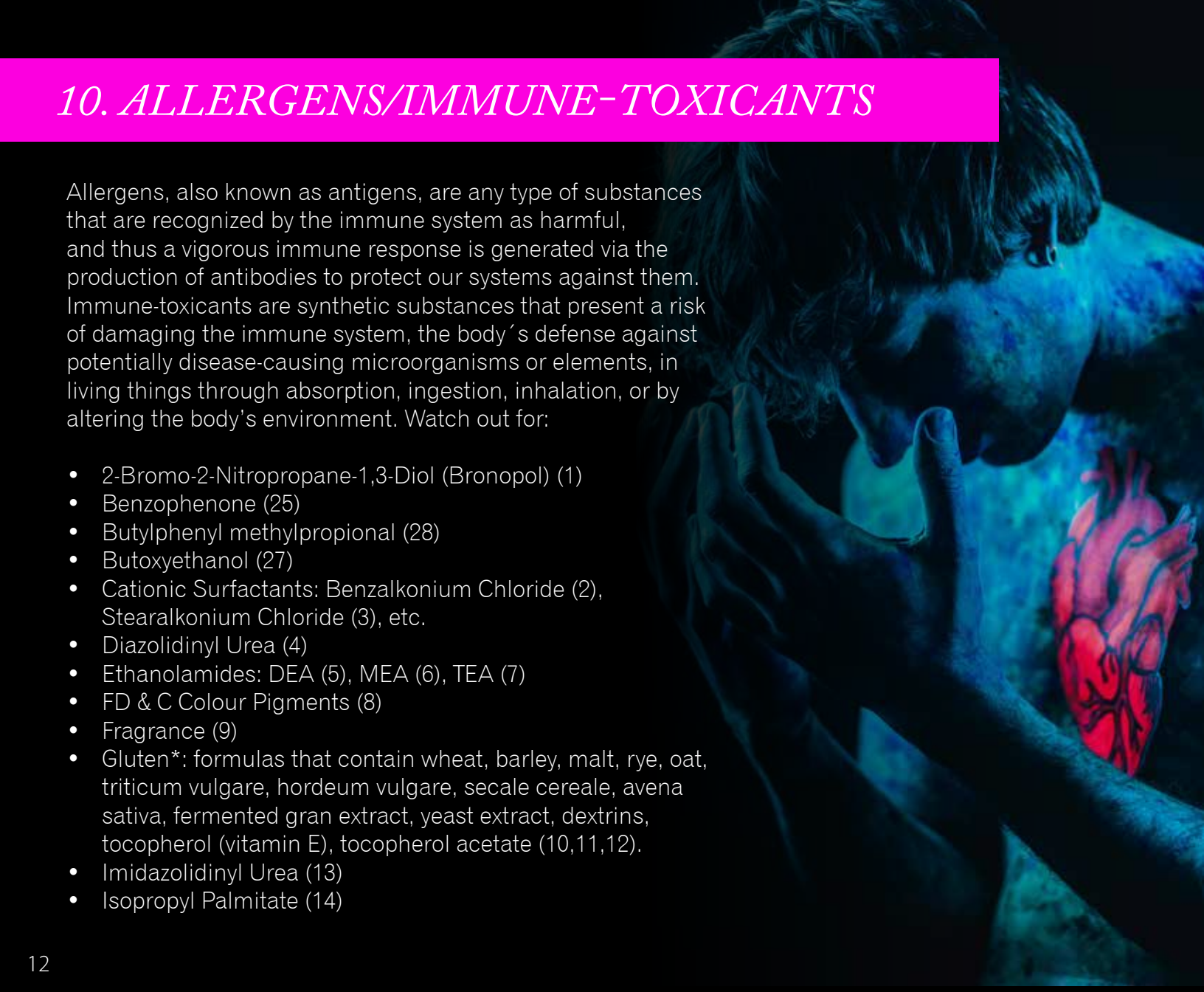
9. TOXIC PENETRATION ENHANCERS

These detrimental chemicals improve the skin's absorption capabilities. The use of penetration enhancers in personal care products can be extremely damaging to health if the formulas contain other harmful ingredients. There are approximately 35 penetration enhancers that can commonly be found in cosmetics and personal-care products (1), the most toxic ones are listed as follows:

- Ammonium glycolate and lactate (1)
- Benzophenone and related compounds (1)
- EDTA compounds (disodium and tetrasodium) (2,3)
- Homosalate (4, 5)
- Hydrogenated lecithin (6, 7)*
- Nanoparticles (1,8)
- Octinoxate (1)
- Propylene Glycol (9)
- SD Alcohol 40 (10)
- Sodium Lauryl Sarcosinate (1)
- Sodium Lauryl Sulfate (1)

*possible nitrosamine contamination

10. ALLERGENS/IMMUNE-TOXICANTS



Allergens, also known as antigens, are any type of substances that are recognized by the immune system as harmful, and thus a vigorous immune response is generated via the production of antibodies to protect our systems against them. Immune-toxicants are synthetic substances that present a risk of damaging the immune system, the body´s defense against potentially disease-causing microorganisms or elements, in living things through absorption, ingestion, inhalation, or by altering the body's environment. Watch out for:

- 2-Bromo-2-Nitropropane-1,3-Diol (Bronopol) (1)
- Benzophenone (25)
- Butylphenyl methylpropional (28)
- Butoxyethanol (27)
- Cationic Surfactants: Benzalkonium Chloride (2), Stearalkonium Chloride (3), etc.
- Diazolidinyl Urea (4)
- Ethanolamides: DEA (5), MEA (6), TEA (7)
- FD & C Colour Pigments (8)
- Fragrance (9)
- Gluten*: formulas that contain wheat, barley, malt, rye, oat, triticum vulgare, hordeum vulgare, secale cereale, avena sativa, fermented gran extract, yeast extract, dextrins, tocopherol (vitamin E), tocopherol acetate (10,11,12).
- Imidazolidinyl Urea (13)
- Isopropyl Palmitate (14)

- Lanolin (15)
- Maize*: decyl glucoside, ethanol, lauryl glucoside, starch, polysorbates, sorbitol, vitamins C & E, xanthan gum, xilitol, zea mays (16).
- Methylisothiazolinone (17)
- Methylchloroisothiazolinone (17)
- N-Methyl-Pyrrolidone (23)
- PABA (21)
- Phenoxyethanol (22)
- P-Phenylenediamine (24)
- Phenylphenol (26)
- Quarterium 15 (18)
- Soy*: lecithin, guar gum, mono/di/triglycerides, oleic acid, olive oil**, polyamide 3, PEG 5, PEG 10, PEG 16, PEG 25, PEG 3, PEG 40, vegetable glycerin/glycerine/vegetable glycerin, glycine soja, vegetable stearic acid, magnesium stearate, vitamin E (tocopherol acetate/tocopherols), natural flavors (19).
- Toluene (20)

* topical application does not generate reactions, but if these allergens are present in skincare they can be inadvertently ingested (1).
** could be contaminated with soybean oil; only buy certified organic

11. SILICONE-DERIVED INGREDIENTS

Silicones are characterized by having resistance to chemicals, temperature, water, high-lubricity and good insulating properties. In the health and beauty industry, compounds derived from silicone are used as solvents, emollients, humectants, viscosity-controlling as well as a slip/wetting/conditioning agents. Breast implants is, perhaps their most well-known use. Silicone-derived ingredients are occlusive (1), which means they create a physical barrier to prevent transepidermal water loss. This barrier, however, traps anything beneath the skin, not just moisture. Recent studies have indicated that prolonged exposure of the skin to sweat by occlusion causes skin irritation (2). These chemicals are also non-biodegradable, causing a negative environmental impact (3). Research collected by the Plaintiff's Steering Committee (PSC) for the National Breast Implant Litigation shows that silicone has marked effects on the adrenal glands and liver and induces chronic inflammation. Silicones can help some ingredients penetrate the skin more effectively. Dow Corning sites some research with silicone and hydroquinone in which "the silicone gum induced the formation of a reservoir of hydrocortisone in the stratum corneum" (4). See more below:

- Dimethicone
- Dimethicone Copolyol
- Cyclohexasiloxane
- Cyclomethicone
- Cyclopentasiloxane
- Dimethyl Polysiloxane
- Phenyl Trimethicone
- Silicone Oil
- Ingredients with the clause methicone, siloxane

12. RESPIRATORY TOXINS

These are compounds, most of them man-made, which can either cause adverse effects on the respiratory tract or interere with its functions. The respiratory system starts with the nose, nasal cavities, paranasal sinuses, nasopharynx, and larynx. It continues with a conducting segment (trachea and bronchi) that enters the lungs. A transitional segment made up of respiratory bronchioles and primary, secondary, and tertiary bronchioles moves air deep into the lungs. An exchange segment made up of alveolar duct, atrium, alveolar sac, and alveolus passes oxygen into the blood and carbon dioxide and water out of the blood. In summary, the lungs place oxygen from the air into the blood and send carbon dioxide and water back into the air. The respiratory tract also warms and moistens the incoming air, regulates air flow, removes airborne particles and cools the entire organism (1). Respiratory toxicity can include a variety of acute and chronic pulmonary conditions, including local irritation, bronchitis, pulmonary edema, emphysema, and cancer (2), hence the importance of avoiding health and beauty products that could harm it. Examples include:

- Acetaldehyde (13)
- Acrylates (14)
- Aluminum (1)
- Ammonia (1)
- Asbestos* (1)
- Beryllium* (1)
- BHT (9)
- Cadmium* (1)
- Carbon Black (11)
- Chlorine** (1)
- Formaldehyde* (1)
- Fragrance (5)
- Isopropyl Acetone (7)
- Methyl Ethyl Ketone (7)
- Mica (3)
- P-Phenylenediamine (8)
- Phenylphenol (10)
- Propylene Glycol (1)
- Resorcinol (12)
- Titanium Dioxide (4)
- Toluene (6)

* impurity in cosmetics
** cleansing water impurity

13. TERATOGENS

Teratogens are any agent, substance, organism, condition and/or process that causes impaired prenatal development and lead to congenital malformations or even death. Teratogens include certain drugs (such as thalidomide), alcohol, cigarettes, infections (such as German measles), malnutrition, environmental pollutants, stressors and ionizing radiation (1). The most common anomalies associated with teratogenic exposures during the fetal period are fetal growth restriction (intrauterine growth retardation) and mild errors of morphogenesis (abnormalities of phenogenesis), such as epicanthic folds, clinodactyly, functional CNS abnormalities and others (2). There are billions of potential teratogens, and many of them (with proven teratogenic effects) are present in conventional health and beauty formulas.

- 1,4 dioxane (3)
- Acetaldehyde
- Acrylates: ethyl/methyl methacrylate (18)
- Aluminum, Lead and other Heavy Metals (4,13)
- Benzophenone (5)
- Dibutyl Phthalate (6)
- Diethanolamine (7)
- Ethylene and Triethylene Glycol (8)
- Methanol (17)
- Methyl Ethyl Ketone (14)
- Methyl Chloride
- Methyl Salicylate (9)
- N-Methyl-Pyrrolidone (14)
- Parabens (11)
- Synthetic Musks (12)
- Toluene (10)

WHAT YOU CAN DO NEXT

- Check the ingredients of all your skincare and personal care products. If you find they contain any listed here, or from our Banned List, throw them out, or return them back to the company. Methodically replace the products you threw out by replacing them with much cleaner ones instead.

- As a Compact Signer since 2005, we fully support EWG's work and frequently point folks to their Skin Deep® cosmetics database. However while their database is very helpful to determine the safety of cosmetic ingredients, there are many inconsistencies and conflicting data with respects to certain ingredients that are generating inaccurate safety rating scores for natural products. In the meantime we hope the many requests from natural brands to review the way they rate ingredients is changed to a reflect a clearer, more precise safety rating.

- If your favorite product(s) use EU banned, or toxic ingredients, contact the company to get them removed. Post questions and comments on their various social media platforms and get their followers involved in this important conversation.

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