

BOHEMIAN *skin*

10

Ingredients to Avoid During Pregnancy & Beyond

When it comes to pregnancy it's important to remember that everyone's journey is completely different. You might be one of those lucky mummas out there who has that 'pregnancy glow' we all dream of, or you might be experiencing pregnancy-related skin issues such as hormonal acne, Melasma, or extreme dryness.

Either way, it's important that you're educated on the ingredients that are in the skincare products that you use. Our skin is our largest organ, so it's important to understand that any topical products that you apply to your body and face will also be absorbed into the bloodstream.



To help you navigate what's safe to put on your skin and what's not, we've compiled a list of the top 10 ingredients that should be avoided during pregnancy, breastfeeding and beyond.

1

Aloe vera

Also labelled as:

Aloe, aloe barbadensis, aloe barbadensis leaf juice, aloe barbandesis gel, aloe vera gel, chirukattali extract

2

ALS/ALES & SLS/SLES

Also labelled as:

Ammonium laureth sulphate (ALES), ammonium lauryl sulphate (ALS), sodium laureth sulphate (SLES), sodium laurel sulphate (SLS)

3

Aluminum Chloride

Also labelled as:

Aluminum chloride hexahydrate, Aluminium chlorohydrate

4

Benzoyl Peroxide

Also labelled as:

Benzoperoxide, dibenzoyl peroxide

5

Chemical sunscreens

Also labelled as:

Avobenzone, homosalate, menthyl anthranilate, octinoxate, octisalate, octocrylene, oxybenzone

6

Salicylic Acid

Also labelled as:

White willow bark extract, 2-Hydroxybenzoic Acid

7

Synthetic Antioxidants

Also labelled as:

Butylated hydroxyanisole (BHA) and Butylated hydroxytoluene (BHT)

8

Synthetic Fragrances

Also labelled as:

Butoxyethanol, fragrance, parfum, perfume

9

Preservatives

Also labelled as:

Utylparaben, isobutylparaben, isopropylparaben, methylparaben, propylparaben, phenoxyethanol

10

Vitamin A

Also labelled as:

Adapalene, antixerophthalmic vitamin, axerophtholum, beta-carotene, biosterol, dehydroretinol, isotretinoin, retinal, Retin-A, retinaldehyde, retinol, retinol acetate, retinoic acid, retinol palmitate, retinyl acetate, retinyl palmitate, tazaroten, tretinoin, 3-Dehydroretinol

If you're feeling overwhelmed when it comes to choosing skincare that's safe for you during your pregnancy journey, you're definitely not alone!

At Bohemian Skin, we're obsessed with safe skincare, which is why we formulated our products to be 100% suitable before, during and after pregnancy. So that you can look and feel your absolute best, without the added stress of what your skincare might be doing beneath your skin.



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