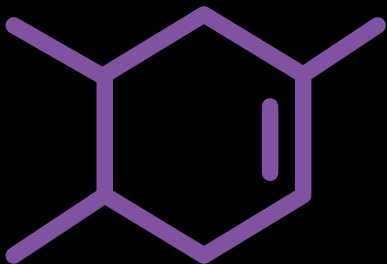


YOUR HEALTH INCLUDES YOUR SKIN

5 INGREDIENTS TO ALWAYS AVOID

YOUR HEALTH MATTERS

PARABENS



Where are they?

Shampoo & conditioner, lotion, face wash, body scrub, makeup

Why are they concerning?

They can cause hormone disruption, which has been linked to breast cancer and reproductive issues. What that means is they mess up how your body produces and regulates estrogen & other hormones.

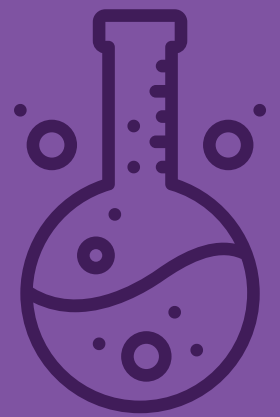
FRAGRANCE

Where is it?

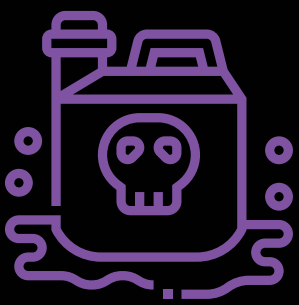
Everywhere

Why is it concerning?

Because of contact dermatitis (which is the biggest cause of cosmetic dermatitis). Some of the thousands of ingredients used to create fragrance have also been linked to cancer, allergies, and reproductive toxicity.



FORMALDEHYDE



Where is it?

Nail polish, eyelash glue, hair gel, baby shampoo, color cosmetics

Why is it concerning?

Oh, you mean besides the fact that it's also used to preserve dead bodies? Well... okay then. It also causes irritation of the skin, eyes, nose & throat. Exposure has been shown to cause cancer.

RETINYL PALMITATE

Where is it?

Foundation, concealer, lipstick, conditioner, sunscreen

Why is it concerning?

This ingredient has been linked to speeding up the development of skin tumors due to vitamin toxicity.



SULFATES



Where is it?

Body wash, hand soap, face wash, shampoo, conditioner

Why is it concerning?

They disrupt our body's natural antimicrobial peptides and proteins. They also cause scalp irritation and follicle stress & have been linked to lung irritation and cancer.

Here's the deal. Your skin is an organ.

That means everything you put on it has the potential to be absorbed and stored in your body.

That becomes a problem when the ingredients being used in your personal care products are harmful to your health.

Let me help by giving you some basic ingredients to watch for, where you can find them, and why they're concerning.



CLEAN BEAUTY FOR
Black Girls