

NATURAL BEAUTY CHEATSHEET



When it comes to makeup, choose options that will make your hormones happy, and your beauty regimen a nourishing experience for your body.

Be Label Aware

Avoid These Toxic Chemicals – linked to birth defects, cancers and disease

- 01 Sodium lauryl sulfate** - found in shampoo, body wash, foundation, face wash, mouthwash, and toothpaste.
- 02 BHA** – found in exfoliants and perfumes
- 03 Triclosan and Triclocarban** – found in toothpaste, deodorant, antibacterial soap
- 04 Aminophenol, Diaminobenzene, Phenylenediamine (Coal Tar)**– found in hair dye and shampoo
- 05 Parabens** – found in makeup, moisturizer, shaving gel, shampoo, personal lubricant, spray tanning products
- 06 Polyethylene/ PEGS** – found in scrubs, body wash, makeup, toothpaste
- 07 Retinyl Palmitate, Retinyl acetate, Retinoic acid, and Retinol** – found in moisturizer, lip products, sunscreen, and anti-aging products
- 08 Petroleum Distillates** – found in mascara
- 09 “Fragrance”** – found in moisturizers, deodorants, lotions, shampoo, conditioner
- 10 Oxybenzone** – found in sunscreen
- 11 Dibutyl Phthalate, Toluene and Formaldehyde** – found in nail polish and nail products
- 12 Hydroquinone** – Found in skin lighteners

