

IF YOU CAN'T PRONOUNCE IT,
IT PROBABLY WON'T BE GOOD
FOR YOU.



Did you know?

- The average adult uses 9 products daily, exposing them to 126 unique chemicals each day.
- The skin absorbs up to 60% of what is put on it.
- Major cosmetics companies have not publicly committed themselves to removing harmful ingredients.
- 89% of 10,500 ingredients used in personal care products have not been evaluated for safety.

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naturalbeautyweek.com

Natural Beauty Week 2015 –
Natural Beauty Inside and Out
19 – 23 OCTOBER 2015

IF YOU WOULDN'T EAT IT,
WHY PUT IT ON YOUR SKIN?

NATURAL BEAUTY WATCH LIST



PRESENTED BY THE COLLEGE OF NATURAL BEAUTY

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INSIDE: THE DIRTY
DOZEN TO AVOID

The Dirty Dozen to Avoid

12 toxic and carcinogenic compounds to avoid



INGREDIENT	WHERE IS IT FOUND	WHY IS IT THERE	WHAT ARE THE DANGERS?
BHA (Butylated Hydroxyanisole) and BHT (Butylated Hydroxytoluene)	Widely used in cosmetics and skincare products. Commonly found in lipsticks and moisturisers	Synthetic antioxidants used as a preservative	May disrupt hormones, cause liver, thyroid and kidney problems
Coal tar dyes and pigments P-phenylenediamine, Colour Index (C.I.)	Found in hair dyes, eye make-up and lipsticks	Synthetic colours from coal tar	Skin sensitivity/irritation Absorption can cause cancer and can be contaminated with heavy metals toxic to the brain
DEA (Diethanolamine), MEA (Monoethanolamine), & TEA (Triethanolamine)	Widely used in skincare and personal care products	A foam booster	A skin/eye irritant causing contact dermatitis Easily absorbed through skin to accumulate in body organs and the brain
Formaldehyde-releasing preservatives DMDM Hydantoin, Methenamine, Quarternium & Urea (Imidazolidinyl)	Widely used in hair products and moisturisers	Used as preservatives	May cause joint pain, cancer, skin reactions, allergies, depression, headaches, chest pains, ear infections, chronic fatigue, dizziness and insomnia
Parabens (Methyl, butyl, Ethyl, Propyl)	Widely used in make-up, deodorants and skincare products	Used as preservatives	Associated with breast cancer May contribute to sterility in males, hormone imbalance in females and early puberty
Parfum	Widely used in make-up, skin and personal care products	A masking agent	Mixture of chemicals can trigger allergies and asthma Some linked to cancer and neurotoxicity
PEG (Polyethylene glycol)	Used in conditioners, moisturisers, and deodorants	Thickener and softener	May be contaminated with dioxine which may cause cancer
Dibutyl Phthalates	Found in nail products	A solvent for dyes and plasticiser	Health effects include damage to liver/kidney, birth defects, decreased sperm counts and hormone function
Petrolatum, Petroleum Jelly	Found in hair products, lip balm/lipstick, skin care products	Used as a moisturiser	May contain cancer-causing impurities, and cause liver and kidney abnormalities
Siloxanes and Cyclomethicone	Widely used in moisturisers, make-up and hair products	Used to soften and smooth	May disrupt hormone function and liver damage
Sodium Lauryl Sulfate (SLS) & Sodium Laureth Sulfate (SLES)	Widely used in shampoos, shower gels, bubble baths	A foaming agent	SLS may damage liver SLES may cause cancer
Triclosan	Found in toothpaste, soaps and hand sanitizers	Synthetic antibacterial ingredient	May interfere with hormone function Environment Protection Agency US registers it as a pesticide, posing risks to human health and environment

SOURCES: www.safecosmetics.org / www.breastcancerfund.org / www.ewg.org / www.epa.gov
www.ethical.org.au / www.mindbodygreen.com / www.davidsuzuki.org