

Chemicals found in *other* Cosmetics

Alginates

- Used as binders and emulsifiers
- Synthetically compounded and have caused many allergic reactions

Aluminium Compounds

- Many aluminium compounds are used in cosmetics
- They are toxic and cause allergic reactions

AZO Colours, AZO Compounds

- Chemicals often used in cosmetics and food colouring
- Toxic and have been linked with cancer

Carbomer 934 & 40

- Resin used to thicken, stabilise and to prevent freeze damage of cosmetics, it can cause allergic reactions and is toxic

Diethanolamine (DEA)

- Carcinogenic – research suggests it may cause liver and kidney cancer
- Mild skin irritant and a severe eye irritant

Fragrance

- Often listed in formulas or ingredients in skin care products
- They are synthetic and can have an accumulative effect causing skin problems
- Often contain hundreds of ingredients including carcinogens like methyl chloride

Formaldehyde

- Used in cosmetics as a preservative
- One of the most common and most toxic chemicals commonly used
- Formaldehyde is a noted carcinogenic, it causes damage to the DNA and is recognised as the main trigger for chemical sensitivity

Imadazolindinyl Urea

- An anti-bacterial agent used in cosmetics to prolong the shelf life
- Can cause allergic reactions of skin rashes and its toxicity is unknown

Isopropyl Myristate

- Partly natural and partly synthetic chemical used in cosmetics to reduce the greasy feel due to high oil contents in ingredients. They can cause an allergic reaction and its toxicity is unknown

Isopropyl Palmitate Lanolate

- Coconut and lanolin derived, but contains synthetic chemicals
- Used in moisturising creams
- Can have allergic reactions and its actual toxicity is unknown

Magnesium Aluminium Silicate

- Gum used as a thickener
- It contains aluminium which can build up the toxic level in the body

Lanolin

- Comes from the wool of sheep which is regularly dipped in chemicals

Synthetic cleansers

- Synthetic molecules are too big to penetrate the skin, thus a cause a clogging effect

Mineral Oils, Petroleum Jelly and Sorbolene Cream

- Mineral Oils have an occlusive effect on the skin. They form a barrier which prevents the evaporation of water through the skin
- This causes fluid retention, sometimes irritation and block pores
- Prolonged use of this oil actually removes sebum or the natural oils from the skin
- Both mineral oil and petroleum jelly have been shown to be allergenic
- Petroleum products are made from petrol

Parabens

- Cosmetic companies use parabens to extend the shelf life of the product, including:
 - Metyl paraben
 - Propyl paraben and
 - Butyl paraben
- Parabens in skincare products may create a mild oestrogenic effect which may alter the balance of the user's hormones
- They have a proven cacogenic effect
- They keep the skin care product on the outer layer of the skin, so that no moisture can come in or out
- They are Toxic and made from a synthetic chemicals

Paraffin Wax

- Used in creams, lipsticks and eyebrow pencils
- Sourced from coal and petroleum
- Despite paraffin based creams often being recommended by dermatologists, many paraffin waxes are cacogenic
- Surfactants
- Are found in many cosmetics and hair care products. They hold the oils and water together
- Many are detergents which are harsh and drying to the skin

Polyethylene Glycols (PEGS)

- Suspected carcinogens

Potassium Sorbate

- Mixed with synthetic chemicals and used as a preservative and causes skin irritations and allergic reaction

Silicones

Silicone emollients are occlusive - that is they coat the skin, trapping anything beneath it, and do not allow the skin to breathe (much like cling wrap would do.) Recent studies have indicated that prolonged exposure of the skin to sweat, by occlusion, causes skin irritation. Some synthetic emollients are known tumour

promoters and accumulate in the liver and lymph nodes. They are also non-biodegradable, causing negative environmental impact.*

- Dimethicone
- Dimethicone Copolyol
- Cyclomethicone

Sodium Lauryl Sulphate

- Used in skin care products or shampoos for their detergent and foaming abilities
- Can cause eye irritation and skin rashes
- Can cause an allergic reaction and are frequently disguised in pseudo natural cosmetics with an untrue claim that they come from coconut

Triethanolamine (TEA)

- A common emulsifier and most frequently used in creams
- Can pass easily through unbroken skin
- Long term exposure can lead to heart, kidney and liver damage
- It is known to be carcinogenic

Sources and Further Reading

Resources we recommend:

- Skin Deep by Kevin Farrow which is a guide to chemical free skincare and cleansing products with a full list of products to be avoided
- Cosmetics Unmasked – the Family Guide to Safe Cosmetics and Allergy Free Toiletries by Dr Stephen and Gina Antczak
- Don't Go to the Cosmetic Counter Without Me by Paula Begoun.
- * <http://www.health-report.co.uk/ingredients-directory.htm>