

Ingredients to watch out for



Hormone-Disrupting Ingredients in Makeup: What to Watch Out For

Understanding which ingredients may interfere with your hormones is key to making cleaner, safer beauty choices. Here's a quick guide to common endocrine disruptors found in cosmetics:

1. Parabens

Look for: Methylparaben, Propylparaben, Butylparaben

Used as: Preservatives

Effect: Mimic estrogen; linked to hormonal imbalance and breast cancer risk.

2. Phthalates

Look for: Often hidden under "Fragrance" or "Parfum"

Used as: Fragrance stabilizers

Effect: Disrupt reproductive hormones; harmful to fetal development.

3. Triclosan

Look for: Triclosan

Used as: Antibacterial agent

Effect: Disrupts thyroid function and estrogen levels.

4. Oxybenzone (and other benzophenones)

Look for: Oxybenzone, Benzophenone-3, BP-4, BP-8

Used as: UV filters in SPF makeup

Effect: Mimics estrogen; linked to thyroid and fertility issues.

5. BHA & BHT

Look for: Butylated Hydroxyanisole (BHA), Butylated Hydroxytoluene (BHT)

Used as: Preservatives

Effect: Possible endocrine disruptors; BHA is a potential carcinogen.

6. Ethoxylated Compounds

Look for: PEGs, Ceteareth, Polysorbates

Used as: Emulsifiers and texture enhancers

Effect: Can be contaminated with 1,4-dioxane, a known toxin.

7. Siloxanes

Look for: Cyclopentasiloxane, Cyclotetrasiloxane

Used as: Smoothing agents in primers and foundations

Effect: Linked to reproductive and endocrine disruption.

8. Aluminum Compounds

Look for: Aluminum starch octenylsuccinate, Aluminum powder

Used as: Opacifying agents and pigments

Effect: May disrupt estrogen function.

Tips for Safer Makeup Choices:

- Choose products labeled "**Paraben-free**" and "**Phthalate-free**"
- Avoid products with "**Fragrance**" unless naturally derived
- Look for **EWG VERIFIED™** or check with apps like **Think Dirty** or **Yuka**
- Choose brands that are transparent with their ingredient lists

Your health matters. Clean beauty isn't just a trend, it's a step toward hormonal harmony.