

List of ingredients to avoid in skincare products, especially for teenagers:

Chlorphenesin

- **Usage:** Preservative and antimicrobial agent (prevents the development of bacteria in cosmetics)
- **Concerns:** Considered an organic halogen substance. Allergenic and skin-irritating.
- **Regulations:** Limited to 0.3% concentration by the European Cosmetics Directive due to potential health risks.

Niacinamide (at higher concentrations like 10%)

- **Usage:** Treats acne and hyperpigmentation.
- **Concerns:** High concentrations (10%) can cause irritation in sensitive skin.
- **Recommendations:** Use lower concentrations to avoid adverse reactions and irritation.

Salicylic Acid (2%)

- **Usage:** Common acne treatment and used as an exfoliant.
- **Concerns:** At concentrations of 2% or higher, can cause skin irritation and dryness, especially in sensitive skin.
- **Recommendations:** Use at lower concentration.

Alcohol Denat:

- **Usage:** Used as preservative, solvent and its astringent properties.
- **Concerns:** High concentrations can dry out the skin, leading to further breakouts and sensitivity. Should not be high in the inci list, which could mean it is of high concentration.
- **Recommendations:** Avoid products where Alcohol Denat is listed among the first ingredients.

Benzophenone-4:

- **Usage:** UV filter.
- **Concerns:** Potential endocrine disruptor, allergen, and skin irritant. Also poses environmental risks, including aquatic toxicity.

Ammonium Acryloyldimethyltaurate:

- **Usage:** Thickening and stabilizing agent.
- **Concerns:** Potential skin irritant and environmental issues due to its synthetic nature.

PEG-60 Almond Glycerides:

- **Usage:** Emulsifier.
- **Concerns:** Can be contaminated with ethylene oxide, a carcinogen. Potential allergen and toxic agent.

Laureth-23 and other -eth ending ingredients:

- **Usage:** Emulsifiers and surfactants.
- **Concerns:** These ingredients can be contaminated with carcinogenic agents like 1,4-dioxane, produced through reactions with ethylene oxide. The International Agency for Research on Cancer (IARC) has classified 1,4-dioxane as a Group 2B carcinogen, indicating it is possibly carcinogenic to humans.
- **Recommendations:** Avoid products with ingredients ending in -eth to reduce exposure to potential carcinogens.

Silicones (e.g., Dimethicone, Methicone, Cyclopentasiloxane, Cyclomethicone...) at higher concentrations:

- **Usage:** Provides silky-smooth sensoriality, application and helps in product spreadability.
- **Concerns:** High concentrations can be occlusive, trapping moisture and leading to dryness and irritation.
- **Recommendations:** Avoid products where these ingredients are high in the inci list. Silicone concentrations under 1% do not have these occlusive effects.

Colorants like Violet 2 (CI 60725), Red 6, Blue 1 Lake, Yellow 5 Lake:

- **Usage:** Cosmetic colorants
- **Concerns:** Can cause allergies, can be toxic, potentially carcinogenic. Often derived from petroleum or coal tar.
 - Specific concerns include:
 - Red 6 (CI 15850): Associated with immunotoxicity or allergies.

- Blue 1 Lake (CI 42090): Potentially toxic and harmful.
- Yellow 5 Lake (CI 19140): Can cause allergic reactions and potential toxicity.
- Violet 2: Aromatic amines and azo dyes can be absorbed through the skin, are considered toxic, and carcinogenic. Violet 2 is a synthetic dye which is FDA-approved for use in pharmaceuticals and cosmetics. However, use is restricted and cancer risk moderate.
- **Regulations:** Use is restricted and poses a moderate cancer risk.
- **Recommendations:** Avoid synthetic dyes, particularly in products used daily or over large skin areas.

Fragrances and Essential Oils:

- **Usage:** Added for scent.
- **Concerns:** High potential for allergic reactions and skin sensitivity. Essential oils can cause phototoxicity.
- **Recommendations:** Opt for fragrance-free or products.

Certain mineral oils and synthetic hydrocarbons in lip products (*Cera Microcristallina, Ceresin, Hydrogenated Microcrystalline Wax, Hydrogenated Polyisobutene, Microcrystalline Wax, Ozokerite, Paraffin, Paraffinum liquidum, Petrolatum, Polybutene, Polyethylene, Polyisobutene, Synthetic wax*):

- **Usage:** Common in lip products and emollients. Forming films on the lips.
- **Concerns:** Can contain MOSH and MOAH, which may accumulate in the body, particularly in the lymph nodes and liver, and cause inflammation. MOAH is carcinogenic.
- **Recommendations:** Choose products with natural oils, waxes and butters instead.
- **Interesting:** These ingredients are banned in food due to their toxicity, but lip products are accidentally ingested.

BHT (Butylated Hydroxytoluene):

- **Usage:** Synthetic antioxidant.
- **Concerns:** Potential irritant and allergen. Banned in many foods due to toxicity concerns.
- **Recommendations:** Avoid products containing BHT, particularly in lip products that may be ingested.

Tromethamine:

- **Usage:** pH-adjusting ingredient.
- **Concerns:** Possible contamination with nitrosamines, which are carcinogenic. Its use is restricted in the EU.
- **Recommendations:** Opt for products using natural pH adjusters.

Dipropylene Glycol and 2,3-Butanediol:

- **Usage:** Solvents and humectants.
- **Concerns:** Can weaken the skin barrier, causing irritation, redness, and inflammation. High allergy potential.
- **Recommendations:** Choose products with gentler alternatives like glycerin or aloe vera.

Polyquaternium-51:

- **Usage:** Used to make the product stay on the skin for longer (smudge-proof, waterproof, sweat-resistant)
- **Concerns:** Potentially comedogenic and irritating. Long-term use can cause skin issues due to occlusive nature.
- **Recommendations:** Avoid in products intended for daily use on acne-prone or sensitive skin.

Citrus Aurantium Dulcis (Orange) Peel Oil:

- **Usage:** Added for fragrance.
- **Concerns:** Contains furanocoumarins, making it mildly phototoxic, especially in daytime products.
- **Recommendations:** Use with caution, especially when exposed to sunlight.

Pumice:

- **Usage:** Exfoliating agent.
- **Concerns:** Can be too harsh on delicate skin areas, causing irritation and barrier damage, which can cause a cascading effect of skin problems.
- **Recommendations:** Prefer gentler exfoliants like sugar or oatmeal for facial use.

Snail Secretion Filtrate:

- **Usage:** Hydrating agent.
- **Concerns:** Ethical issues over extraction methods, which can stress snails animals. Controversial despite no legal cruelty classification.
- **Recommendations:** Ensure products come from certified organic manufacturers or opt for plant-based alternatives.

Bismuth Oxychloride:

- **Usage:** Adds pearlescent shimmer to cosmetics.
- **Concerns:** Can cause skin irritation, sensitivity, and clogged pores. Exacerbates acne-prone skin issues.
- **Recommendations:** Avoid products with this ingredient, especially if you have sensitive or acne-prone skin.

Perfluorohexane and Perfluorodecalin:

- **Usage:** Solvents.
- **Concerns:** Allergenic, cell-damaging, and potentially carcinogenic. Part of PFAS group, associated with various health risks.
- **Recommendations:** Avoid products containing PFAS due to their extensive health risks and environmental impact.