

Cosmetic Ingredients to Avoid

BHA : makeup + hair products (relaxers, hair-growth), deodorant, skin lighteners
(Hormone mimicker, cancer, immune system toxicity, organ toxicity, can build up in our bodies)

Coumarin: hair products (relaxers, dyes, sprays, detangers), makeup, baby products
(Developmental/reproductive harm, cancer, immune system toxicity, cell damage)

DMDM Hydantoin: hair products (relaxers, dyes, sprays, shampoo/conditioner), body washes

(Formaldehyde releaser (linked to cancer), immune system toxicity, skin irritant)

Ethanolamine: hair products (dye, shampoo/conditioner, makeup)

(Organ system toxicity, cancer, can build up in our bodies)

Formaldehyde: Nail polish, eyelash glue, hair straightening treatments

(Cancer, breathing problems, genetic damage)

Hydroquinone: Skin lighteners, face moisturizers, hair dyes

(Reproductive harm, cancer, respiratory/nervous system/skin toxicity)

Limonene: hair products (shampoo/conditioner, gel, spray), facial moisturizer, makeup

(Developmental harm, immune system toxicity)

Parabens (methyl-, propyl-, iso-, butyl-): hair products, lotions, soap, makeup

(Hormone disruption, reproductive/developmental harm, immune system toxicity)

Phenoxyethanol: shampoo/conditioner, makeup, sunscreen, moisturizer, body wash

(Reproductive/developmental harm, irritation, organ toxicity)

Phthalates (dibutyl): Perfumes, hair sprays, nail polish, in the ingredient "fragrance"

(Hormone disruption, developmental/reproductive harm, cancer, organ toxicity)

P-phenylenediamine: hair dyes, shampoo

(Hormone disruption, cancer, skin toxicity, breathing problems)

Placental extracts: conditioners, cremes/moisturizers

(Hormone mimicker)

Synthetic fragrances: Many personal care and consumer products. May contain petroleum

(Hormone disruption, cancer, breathing problems, nervous system toxicity)

Toluene: Nail products, hair dyes, feminine hygiene products

(Developmental/reproductive harm, nervous system toxicity, kidney and liver toxicity)

Sodium/ Calcium : hair relaxers, shampoos/conditioners, face moisturizers, body wash

Guanidine hydroxide

(Irritation, burns/lesions, potentially linked to uterine fibroids)

Sodium Laureth Sulfate: hair products (shampoo/conditioner, dye), makeup, body wash

(Organ toxicity, skin/eye irritation)

POCKET GUIDE

CHECKLIST

BEAUTY

TOXIC-FREE



committed to the health and well-being of Black women and girls

BLACK WOMEN FOR WELLNESS

GET INVOLVED

Find natural and non-toxic cosmetic recipes
and beauty alternatives at www.bwwla.org



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