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, detanglers), 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)
Get involved

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