



FRESH MADE
with Love

10 top Skin Care ingredients to AVOID!

1. **Methyl, Propyl, Butyl and Ethyl Paraben** – Used to inhibit microbial growth which extends shelf life of products. Causes allergic reactions and skin rashes. Shown to be weakly estrogenic. Associated with breast cancer. Known to be toxic.
2. **Diethanolamine (DEA), Triethanolamine (TEA)** – Used as emulsifiers and/or foaming agents. Can cause allergic reactions, eye irritation and dryness of hair and skin. DEA and TEA are ammonia compounds and can form cancer causing nitrosamines when they encounter nitrates. Toxic when used over a long period.
3. **Diazolidinyl Urea, Imidazolidinyl Urea** – Widely used preservatives. Primary cause of contact dermatitis. Two trade names for these chemicals are Germall II and Germall 115. These chemicals release formaldehyde, which is toxic.
4. **Sodium Lauryl/Laureth Sulfate** – A cheap, harsh detergent used in shampoos for its foam-building properties. Often derived from petroleum, it is frequently disguised in pseudo-natural cosmetics with the phrase “comes from coconuts.” It causes eye irritation, scalp scurf like dandruff, skin rashes and other allergic reactions.
5. **Petrolatum** – An inexpensive mineral oil derivative used for its emollient properties in cosmetics. It has no nutrient value and interferes with the body’s own natural moisturizing mechanism, leading to dryness and chapping. It often creates the very conditions it claims to alleviate.
6. **Propylene Glycol** – Usually it is a synthetic petrochemical mix used as a humectant. Known to cause allergic reactions, hives and eczema. When you see PEG (polyethylene glycol) or PPG (polypropylene glycol) on labels, beware – these are related synthetics.
7. **PVP/VA Copolymer** – A petroleum-derived chemical used in hairsprays, styling aids and other cosmetics. Considered toxic, since inhaled particles can damage the lungs.
8. **Stearalkonium Chloride** – An ammonium compound used in hair conditioners and creams. Causes allergic reactions. Toxic.
9. **Synthetic Colors** – Used to make cosmetics “pretty,” synthetic colors, along with synthetic hair dyes, should be avoided at all costs. They will be labeled as FD&C or D&C, followed by a color and a number. Many synthetic colors can be carcinogenic. If a cosmetic contains them, don’t use it.
10. **Synthetic Fragrances** – The synthetic fragrances used in cosmetics have as many as 200 chemicals. There is no way to know what they all are, since on the label it will simply read “fragrance.” Don’t buy a cosmetic that has the word “fragrance” on the ingredients label.

Fresh Made with Love natural skin care products are natural, vegan, and non-toxic. They are holistic body care products free of parabens, sulfates, dyes, synthetic fragrances, mineral oils, phthalates or toxic chemicals. 100% natural, handcrafted and organic our personal care products feature the best organic skin care, natural sunscreen and anti-aging products using nature’s pure and safe ingredients for conscious living.