



Top 5 Listicle

The Best of Health & Beauty!

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## High Risk Toxic Ingredients in Skincare Checklist

Chemical Name	Description	Avoid
<b>Phthalates</b>	It makes cosmetics flexible and less prone to breaking. Adverse effects on <b>reproductive system, diabetes, ADHD and even cancer.</b>	Phthalate, DEP, DBP, DEHP, fragrance
<b>Sodium Lauryl Sulfate (SLS)</b>	Foaming agent found in many products. Skin irritant and can be absorbed by skin. Can cause <b>damage to eyes, brain and heart</b>	SLS, Sodium Laureth Sulfate, Sodium lauryl sulfate, Sodium dodecyl sulfate
<b>Parabens</b>	Preservatives used to increase shelf life and prevent growth of bacteria. <b>Hormonal disruptors.</b>	methyl-, isobutyl-, propyl- etc.
<b>Formaldehyde</b>	Formaldehyde is a <b>cancer-causing agent</b> and has been proven to be absorbed through the skin in animal testing.	Imidazolidinyl urea, Diazolidinyl urea, Bronopol, DMDM hydration, Sodium hydroxymethylglycinate, 5-Bromo-5-nitro-1,3-dioxane
<b>Hydroquinone</b>	Skin lightening agent, possible <b>carcinogen</b> and may contain other toxic substances	Hydroquinone or tocopheryl acetate

<p><b>Fragrances</b></p>	<p>Found in soaps, baby products and chemical cleaners. Can cause <b>headaches, skin irritation and allergies.</b></p>	<p>Fragrance, perfume, parfum, aroma</p>
<p><b>Alcohol and Isopropyl</b></p>	<p>Found in hand lotions, perfumes and after shave fragrances - linked to <b>depression, headaches and nausea.</b></p>	<p>Ethanol, SD alcohol, Methanol, Denatured alcohol, Ethyl Alcohol</p>
<p><b>Oxybenzone</b></p>	<p>Found in sunscreen, moisturizers. ultraviolet light absorber linked to <b>irritation, sensitization and allergies, and possible hormone disruption</b></p>	<p>Oxybenzone, “benzophenone-3”, “BP-3”</p>
<p><b>Toluene</b></p>	<p>Found in Nail Polishes, varnishes, glues. Toxic to the <b>immune system and can cause birth defects, blood cancers like malignant lymphoma.</b></p>	<p>Benzene, Methyl, Toluene, and Tolulol</p>
<p><b>Coal Tar</b></p>	<p>Found in hair dye, shampoo. A byproduct of coal processing that is a known <b>carcinogen</b>. Used as a colorant and an anti-dandruff agent</p>	<p>FD&amp;C or D&amp;C, chemical colours (BLUE 1, GREEN 3, etc.</p>
<p><b>PEG Compounds</b></p>	<p>Used in cosmetics as thickeners, solvents, softeners, and moisture-carriers. Found in shampoos, sunscreens and creams. <b>Known carcinogen</b></p>	<p>PEG-#</p>

<b>Triclosan and Triclocarban</b>	Used in antibacterial soaps, liquid hand wash. It's also an <b>endocrine disruptor</b> and was shown to contribute to gut inflammation and promote tumor growth	Tricolsan
<b>Diethanolamine(DEA)</b>	Foaming agent, used in bubble bath, body wash, shampoos. <b>Carcinogen and respiratory toxin.</b>	DEA
<b>Siloxane</b>	Found in skin care and hair care products. It makes the hair easier to brush without breaking. Found to be toxic and can give rise to <b>reproductive issues</b>	Cyclopentasiloxane, Dimethicone (polydimethylsiloxane), Amodimethicone, Decamethylcyclopentasiloxane, Cyclohexasiloxane, Cyclomethicone.
<b>Aluminium</b>	Used in deodorants, antiperspirants and sunscreens. Linked to <b>brain disorders and Alzheimer's, breast cancer</b>	Aluminum oxide or Aluminum hydroxide
<b>Homosalate</b>	Used in Sunscreens as a UV absorber. Homosalate accumulates in our bodies faster than we can get rid of it, becomes toxic and <b>disrupts our hormones.</b>	Homosalate, Homomenthyl salicylate, HMS, HS; 3,3,5-trimethyl-cyclohexyl-salicylate

It is extremely difficult to avoid all the ingredients but minimizing the usage of these chemicals can help.

To know about the alternatives to some of the most toxic substances here, check out this [article](#).