

Black Women for Wellness Toxic-Free Beauty Pocket Guide



Cosmetic Ingredients to Avoid

Butylated hydroxyanisole (BHA)/butylated hydroxytoluene (BHT): makeup, hair products (relaxers, hair-growth), deodorant, skin lighteners
(Hormone mimicker, can cause 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, can cause cancer, can build up in our bodies)

Guanidine Hydroxide: hair products (relaxers, texturizers)
(Irritation, burns/lesions, potentially linked to uterine fibroids)

Hydroquinone: skin lighteners, face moisturizers, hair dyes
(Reproductive harm, can cause cancer, respiratory/nervous system/skin toxicity)

Parabens (methyl-, propyl-, iso-, butyl-): hair products, lotions, soap, makeup
(Hormone disruption, reproductive/developmental harm, immune system toxicity)

Phthalates (dibutyl): perfumes, hair sprays, nail polish, in the ingredient "fragrance"
(Hormone disruption, developmental/reproductive harm, can cause cancer, organ toxicity)

P-phenylenediamine: hair dyes, shampoo
(Hormone disruption, can cause cancer, skin toxicity, breathing problems)

Placental extracts: conditioners, creams/moisturizers
(Hormone mimicker)

Synthetic fragrances: found in many personal care and consumer products, may contain petroleum, often listed as perfume
(Hormone disruption, can cause cancer, breathing problems, nervous system toxicity)

Sodium/Calcium Hydroxide: hair relaxers, shampoos/conditioners, face moisturizers, body wash
(Skin/eye irritation, breathing problems)

Sodium Laureth Sulfate: hair products (shampoo/conditioner, dye), makeup, body wash
(Organ toxicity, skin/eye irritation)

Toluene: nail products, hair dyes, feminine hygiene products
(Developmental/reproductive harm, nervous system toxicity, kidney and liver toxicity)

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Find natural and non-toxic cosmetic ideas and more information at bwwla.org. Learn more about the dangers of synthetic fragrance at LATHER.com.