

# THE AVOID LIST

Updated on January 4th 2023 to include what each ingredient is.

1,4 Dioxane - a byproduct from manufacturing (usually in trace amounts and never intentionally added).

2-Butoxyethanol - used to dissolve dyes and may cause red blood cell damage.

2-Methoxyethanol (Methyl Cellosolve) - used in enamels like nail polish as a solvent.

Amodimethicone (Silicone - Plastic)

Aluminum Chlorohydrate - can cause burning or itchy sensation and respiratory issues if inhaled.

Artificial Dyes - appears as Red, Blue, or Yellow with a number or the word Lake, produced from aluminum or coal tar or petroleum.

Artificial Fragrances - from petroleum/petrochemicals (endocrine disruptors).

Avobenzone - a chemical sunscreen that turns toxic when exposed to pool water (chlorine) and may cause allergic reactions and is harmful to aquatic life.

Benzalkonium Chloride - found in some mascaras as a preservative that causes allergens, and severe skin, eye, and respiratory issues.

Benzophenone - sunscreen that is a carcinogen and endocrine disruptor.

Bismuth Oxychloride - found in powder foundations to give a silky feel but it may cause allergic reactions and itchiness.

Bisphenol A (BPA) - often found in lipsticks, face, and eye makeup and is a form of plastic from petroleum/petrochemicals (endocrine disruptors).

Butoxyethanol (2-Butoxyethanol) - used to dissolve dyes and may cause red blood cell damage.

Butylated Hydroxyanisole (BHA) - synthetic used as a preservative in lipstick and moisturizer that can cause cancer and allergic reactions.

Butylated Hydroxytoluene (BHT) - Toluene-based used as a preservative that can cause cancer and allergic reactions.

Butylparaben - a paraben used as a preservative that is a major endocrine disruptor.

Butylphenyl Methylpropional - fragrance from petroleum/petrochemicals (endocrine disruptors).

Caprylyl Glycol - often synthetic from petrochemicals, contact company to find out if it is from vegetables.

Carbon Black - a potential carcinogen found in eyeliners and mascaras.

Chemical Sunscreens/Chemical UV Blocks - may cause allergic reactions and is harmful to aquatic life.

Coal Tar - used to make synthetic dye and may cause cancer.

Cyclical Silicones (Silicone - Plastic)

Cyclomethicone (Silicone - Plastic)

Cyclopentasiloxane (cyclomethicone) - (Silicone - Plastic)

Cyclotetrasiloxane - Moisturizing agent - endocrine disruptor.

Di(2-ethylhexyl) phthalate (DEHP) - a Phthalate that may cause cancer or birth defects and is found in eyelash glue.

Dibutyl Phthalate (DBP) - found in nail polishes, it is an endocrine disruptor that causes infertility and reproductive issues.

Dichloroethane - found in concealers and lipsticks that may cause cancer and is an endocrine disruptor.

Dimethicone (Silicone - Plastic) - for smooth look.

Dimethiconol (Silicone - Plastic) - for smooth look.

Dipropylene Glycol - causes issues with respiratory system if inhaled. It is often synthetic from petrochemicals, contact company to find out if it is from vegetables.

Dyes (Artificial) - appears on label as Red, Blue, or Yellow with a number or the word Lake, produced from aluminum or coal tar or petroleum.

Ethylenediaminetetraacetic (EDTA) - preservative, appearance enhancer, and keeps mineral from binding together - may cause skin issues.

Ethanolamines - cleansing and surficant to remove dirt and oil on skin. It may cause skin irritation or eye damage.

Formaldehyde - a preservative that causes skin irritation and allergic reactions such as rash with blisters.

Fragrance - from petrochemicals (endocrine disruptors).

Glycols - often synthetic from petrochemicals, contact company to find out if it is from vegetables.

Heavy Metals (lead, arsenic, mercury, aluminum, zinc, chromium and iron) - found in many lipsticks and face makeups and may cause cancer, birth defects, lung and kidney damage.

Hydroquinone - helps to even skin pigment and linked to cancer and reproductive toxicity.

Isobutylparaben - a paraben used as a preservative that is a major endocrine disruptor.

Isodecyl Neopentanoate - a synthetic emollient for a silky smooth finish

Lead - a heavy metal found in many lipsticks and face makeups and may cause cancer, birth defects, lung and kidney damage.

Mercury - a heavy metal found in many lipsticks and face makeups and may cause cancer, birth defects, lung and kidney damage.

Methylchloroisothiazolinone (MIT) - a preservative that is synthetic and an endocrine disruptor and dermal irritant.

Methylisothiazolinone (CMIT) - a preservative that is synthetic and an endocrine disruptor and dermal irritant.

Methylparaben - a paraben used as a preservative that is a major endocrine disruptor.

Mineral Oil - a synthetic oil derived from petrolatum (petroleum jelly).

Monoethanolamine (MEA) - an ethanolamine - cleansing and surficant to remove dirt and oil on skin. It may cause skin irritation or eye damage.

Nanoparticles (nanotechnology) - makes makeup last a very long time and is in just about every type of personal care product on the market and may cause liver damage and weaken the immune system.

Nitromusk - a synthetic fragrance from petrochemicals that causes endocrine disruption.

Octinoxate - a chemical sunscreen that is an endocrine disruptor that may cause reproductive toxicity and is harmful to aquatic life

Octyldodecyl Neopentanoate - a synthetic emollient for a silky smooth finish

Oxybenzone - a chemical sunscreen that may cause allergic reactions and is harmful to aquatic life

Parabens - used as a preservative that is a major endocrine disruptor.

Paraffin - a petroleum byproduct used most often in hot wax treatments. It clogs pores and is synthetic.

Parfum - from petrochemicals (endocrine disruptors)

Petrolatum (Petroleum Jelly) - used as a moisturizer and lubricant - may cause skin irritation, allergies, and is linked to cancer.

Petrochemicals (Plastics) - derived from petroleum and linked to many conditions and diseases. A synthetic that is an endocrine disruptor.

Perfluoroalkyl Substances (PFAS or PFC) - synthetic plastics used to smooth the skin making it waterproof and long lasting

Perfume - from petrochemicals (endocrine disruptors)

Phenacetin - a synthetic fragrance compound linked to cancer.

Phenyl Trimethicone (Silicone - Plastic)

Phenoxyethanol - a glycol that acts as a preservative and fragrance (has a rose-like aroma)

Phthalates (DEP) - helps aromas linger and can be labeled as "fragrance" - an endocrine disruptor that may cause cancer or birth defects.

Polyacrylamide - a synthetic polymer (plastic) to bind ingredients and acts as a lubricant.

Polybutene - a synthetic polymer (plastic) for smoothing.

Polycyclic Musks - a synthetic musk fragrance derived from petroleum that is an endocrine disruptor.

Polysilicone-11 - a synthetic silicone (plastic) that helps form a film over your face.

Polyethylene Glycol (PEG Compounds) - synthetic polymer (plastic) derived from petrochemicals used as a softener and thickener.

Polyfluorinated Substances (PFAS or PFC) - synthetic plastics used to smooth the skin making it waterproof and long lasting

Polydimethylsiloxane (PDMS) - also known as dimethicone, is a synthetic polymer (plastic) silicone used as a smoothing agent.

Polymethylsiloxane (PMS) - a nanoparticle silica blend used to smooth skin.

Polytetrafluoroethylene (PTFE) (Teflon) - a synthetic polymer (plastic) known as Teflon, like in frying pans to make them non-stick.

Propanol - a synthetic pH adjuster

Propylene Carbonate (PC) - a propene glycol derivative used as a synthetic solvent.

Propylparaben - a paraben used as a preservative that is a major endocrine disruptor and causes allergies and reproductive issues.

Resorcinol - common in hair dye that may cause allergies and is an endocrine disruptor, particularly for the thyroid.

Retinyl Palmitate (Vitamin A) - should not be used on skin when in the sun. May cause skin tumors and lesions.

Silicones - plastics derived from petrochemicals.

Sulfates - chemical cleansing agents that foam up and may cause skin, eye, and lung irritation.

Sodium Lauryl Sulfate (SLS) - chemical cleansing agent that may cause skin, eye, and lung irritation.

Sodium Laureth Sulfate (SLES) - chemical cleansing agent that may cause skin, eye, and lung irritation.

Synthetic Dye - appears as Red, Blue, or Yellow with a number or the word Lake, produced from aluminum or coal tar or petroleum.

Synthetic Fragrances - from petrochemicals (endocrine disruptors).

Synthetic Glycols - from petrochemicals (endocrine disruptors).

Talc - for opaque look - "cosmetic-grade" that is free of asbestos is still toxic and a carcinogen.

Titanium Dioxide (nanoparticle) Note: non-nano is safe as it is used as a natural SPF or to make product opaque.

Teflon (PTFE) Perfluoralkyl / Polytetrafluoroethylene - a synthetic polymer (plastic) known as Teflon, like in frying pans to make them non-stick.

Toluene - used as a preservative that may cause cancer and allergic reactions.

Triethanolamine (TEA) - a surfactant and pH adjuster that may cause allergies or skin irritation. Often hidden and listed as "parfum".

Triclosan - a preservative that may cause skin irritation and allergies.

Triclocarban - a preservative that may cause skin irritation and allergies.