

Here Are The 10 Makeup Ingredients To Avoid

We all know and love makeup products. They are fun to use and buy, flattering, and, for a large number of people, part of our daily lives. Many of us have a daily makeup and skincare routine that gets us ready to start the day ahead. But, is your makeup routine 100% safe for your skin, the environment, and overall health?

Because cosmetic products undergo very little government oversight in the United States, the ingredients found on its formulas are not always properly regulated. This concludes in several beauty products containing toxic and harmful ingredients, many of them which can have negative long-term effects on your wellbeing and on the environment. To learn more about this subject, you can read [this article](#) developed by the American Cancer Society.

To avoid damaging your health and contributing to the disruption of the planet, you should try to consume clean beauty and safe cosmetics instead of makeup and skincare products that are clearly not well-regulated. If you want to know which toxic ingredients to avoid in your cosmetics, always check all the ingredients labels available in search for one of these, all you need to do is keep reading this post. Today I'm going to detail the top 10 makeup ingredients to avoid at all costs on your makeup products.

10 Makeup Ingredients To Avoid

1. Synthetic fragrances:

Don't be fooled by the pleasing scents, it's not always worth it to smell like roses. If your favorite body wash or CC cream lists "fragrance" on their ingredient labels, you should know that they are not obliged to actually disclose what compounds are part of it. And, in several cases, fragrances are made of cheap harmful chemicals.

The chemicals found in synthetic fragrances have been linked to hormone disruption, cancer, reproductive toxicity, allergies, and sensitivities. As one of the top 5 allergens in the world, fragrance composes an unnecessary risk for makeup lovers.

2. Phthalates:

You can find these chemicals in nail polish, hair dye, colored cosmetics, and fragrances. This harmful ingredient has been linked to endocrine disruption, developmental and reproductive toxicity, and breast cancer. In fact, it's so toxic that it has been banned in the European Union, but not yet in the United States.

[Breast cancer charities](#) have especially advised against this toxin because of the way it unbalances hormones, causing considerable changes in estrogen levels and potentially causing breast cancer to develop.

3. Triclosan:

This chemical is widely known as one of the main endocrine disruptors, as it is a synthetic antimicrobial agent that mimics and intervenes with the body's hormones affecting their usual processes. It's found on soap, creams, color cosmetic products, toothpaste, and deodorants. It's so bad for you that it was actually [banned from antibacterial soap](#) in 2016 by the FDA. Banned from soap, but not from your beauty products, so be on the lookout for it on all ingredient labels.

4. Parabens:

These are preservatives commonly found in color cosmetics, cream makeup formulas, and skincare products, such as body wash or toners. They are considered to be endocrine disruptors due to the way they mimic estrogen, as they can potentially influence the development of negative melanoma. Read [this study](#) to find out more.

You can find them under the generic "paraben" distinction at the ingredient labels, or as one of these four sub compounds: Propylparaben, Isopropylparaben, Butylparaben, and Isobutylparaben.

5. Formaldehyde and all Formaldehyde-releasing preservatives:

You can find these hazardous chemicals hiding in your nail polish, anti-aging creams and foundations, tinted and clear moisturizers, and beauty toners. Formaldehyde is a known human carcinogen. Those exposed to it can potentially suffer from diseases such as myeloid leukemia, and cancers of paranasal sinuses, nasal cavity, and nasopharynx.

Some of the most common Formaldehyde-releasing preservatives are quaternion-15, DMDM hydantoin, imidazolidinyl urea, Diazolidinyl urea, polyoxymethylene urea, bronopol, and glyoxal.

6. Lead:

This is a [naturally occurring toxic metal](#), extracted from the mineral crust of this very Earth. As you can tell, is not very environmentally friendly from the get-go. The commercial use of this chemical in cosmetic products has resulted in contamination, environmental hazards, health issues, and public wellbeing problems.

Around 60% of commercial lipsticks contain this harmful ingredient, despite being known as a neurotoxin which is linked to development, learning, language, and behavioral problems. It also causes reproductive issues in the long-term, both in men and women. You definitely want to avoid buying these health risks alongside your new lipstick.

7. PABA (para-amino benzoic acid):

On this list of harmful ingredients to avoid, this is the one most commonly found in products containing UVB filters. You better check that new SPF BB cream, because there is a decent chance this acid was sneaked into the product.

Thyroid tissue samples have evidence that suggests PABA disrupts thyroid activity by decreasing the levels of thyroxin of your body. In addition, UV radiation is actually more likely to damage skin DNA when encountered with this acid, resulting in an increased risk of skin cancer.

8. Mica:

This is a natural mineral that is often used to formulate makeup foundations, pressed eyeshadows, and other cosmetic products. It's a toxic ingredient due to being a known respiratory irritant. Long-term inhalation of Mica can cause the development of symptoms such as severe coughing, shortness of breath, intense weakness, and dangerous weight loss. Here is a [CDC guideline](#) for this harmful ingredient.

Synthetic Mica has been deemed safer to use on a regular basis, but the synthetic colorants that can be added to it may still be dangerous for your health. Safe cosmetics and brands tend to avoid including this chemical in their formulas, so you're better off sticking to clean beauty products and avoiding Mica altogether. Pay attention to the fact that it can also appear under the name "Muscovite" on ingredient labels.

9. Carbon Black:

This chemical is a black powder used as a dark pigment in cosmetic products such as eyeliner, eyeshadow, brow tint, mascara, tinted foundation, and blush. It was classified as a potential human carcinogen by [The International Agency for research on cancer](#).

Any type of long-term exposure to this compound has a link to cancer, especially lung diseases, and enhanced cardiovascular risk. Some less drastic side effects include eye, nose, throat, and skin irritation. It is traditionally produced by the charring of dark natural materials, like wood or animal bones, so its effects on the environment are less than ideal as well.

10. Propylene Glycol:

This harmful ingredient is used as a humectant and hydrating agent in many cosmetic, skincare, and makeup creams and to improve the freeze-thaw stabilize of emulsions. For the past several years, this chemical has been getting a bad reputation due to the way it alters the structure of your skin by allowing other toxic compounds to penetrate it and reach the bloodstream. It is also considerably skin-irritating and most clean beauty brands choose to leave it out of their formulas. If consumed in grand quantities, it could cause neurological damage and seizures.

Will you be avoiding these top 10 harmful ingredients on your next skincare and cosmetic products shopping spree?

Those were my top 10 makeup ingredients to avoid. I hope you can spot them on the ingredient labels next time you are buying beauty products, so you can stay far, far away from them! It's not worth it to risk your wellbeing and harm the environment for a shinier eyeshadow or better-scented foundation. At the end of the day, these are hazardous chemicals and have been linked to severe health diseases and side effects. Remember that switching to clean beauty and safe cosmetics is not as challenging as it may first sound, all you have to do is take the leap and start. You will notice the improvements in your skin and overall health!