

# This, Not That

Looking to make your skincare more natural? Check out this list of things to look for and things to avoid when it comes to your skincare and beauty products.



## ✓ **Natural Preservatives**

Keeping harmful bacteria and mold out of skincare and cosmetics is important. There are several natural preservatives that are effective alternatives to the chemical options. Our Body Butters and Crèmes use caprylhydroxamic acid (aka octanohydroxamic acid), a preservative naturally derived from coconuts.

## ✗ **Parabens**

Already banned in the European Union, parabens are synthetic compounds used as preservatives in toothpaste, deodorant, cosmetics, and skincare products. Parabens can disrupt hormones, increase the risk of cancer, and cause skin irritation. Common names include methylparaben, ethylparaben, propylparaben, butylparaben, and isobutylparaben.

## ✓ **Natural Fragrances**

Perfumes, shampoos, lotions, and body butters can all be enhanced with a variety of natural scents and fragrances. This can be done with essential oils or isolates of fragrances found in nature.

## ✗ **Artificial Fragrance**

Thousands of chemicals, including phthalates, can be listed in cosmetic and perfume ingredients simply as “fragrance”. Phthalates, also listed as DEP, DBP, and DEHP, are also found in nail polish, hair sprays, and perfumes. They are known endocrine disruptors and can also affect hormones and reproductive systems in men, especially young children.

## ✓ **Plant Extracts, Natural Oils, and Butters**

Natural oils, butters, and plant extracts give your skin the nourishment and nutrients it needs. These ingredients are packed with fatty acids and vitamins that can moisturize and help improve the look and texture of your skin and leave it silky soft.

## ✗ **Mineral Oil and Petroleum**

Mineral Oil is a distillate of petroleum jelly. While it doesn't carry the same risks as other harmful ingredients, it doesn't moisturize or nourish your skin like other natural oils and butters. Instead, it acts as a barrier, which can clog pores and prevent toxins from leaving your body. It should especially be avoided if you're acne-prone.