

Benefacial's List of Toxic Ingredients to Avoid

Your skin is the largest organ of elimination. It is a two way membrane. Toxins are eliminated through the skin via perspiration and ABSORBED through the skin into the body's circulation system, through hair follicle and sebaceous glands. Every square inch of your skin is like a thousand open mouths absorbing into the body most of what you put on it. I've heard it said "if you wouldn't put it in your mouth, don't put it on your skin." Good advice. Here are some potentially TOXIC INGREDIENTS TO AVOID....

Methyl, Propyl, Butyl, and Ethyl Paraben-Used as inhibitors of microbial growth and to extend shelf life. Can cause allergic reactions and is Carcinogenic. Parabens have been found in breast tumor tissue. You'll find them in most products, including "NATURAL" line's. Many companies will try to convince you that they only use the smallest amount and that it is completely necessary to preserve the product. NOT TRUE!

DEA and TEA- Foaming agents and emulsifiers. Can dry eyes and hair. These are ammonia compounds and can form cancer causing nitrosamines. Known to be toxic if absorbed into the body over a long period of time.

Sodium Laurel/Laureth Sulfate-A cheap, harsh detergent used for its cleansing and foam building properties. Frequently disguised in "Natural" cosmetics with the phrase "Comes from Coconuts". What you end up with after the chemical solvent extracting and processing is anything but natural.

Propylene glycol-(PPG PEG)-Usually a synthetic Petrochemical mix used as a humectant and can cause exema and hives.

Synthetic Colors-These should be avoided at all costs! Labeled FD&C or D&C, followed by a number. Like FD&C or DC Red No.6. These are carcinogenic!! Not only do you find these in make-up, but deodorants, shampoo, shower gel, etc.

Synthetic Fragrances-NO, NO, NO!! these can have as many as 200 ingredients. There is no way to know what chemicals are in an individual fragrance. Problems caused by these...headaches, dizziness, hyperpigmentation, coughing and loss of friends. I personally believe perfume in public should be outlawed with cigarette smoking!!

To host a Benefacial where you and your friends can learn more, get free stuff, mini facials and have fun. Call or e-mail me.

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