

## Common Ingredients That Can Ruin Your Skin...

1. **Parabens:** These synthetic preservatives include four classes—methyl, propyl, butyl, and ethyl. Allergic reactions and skin rashes have been attributed to these common chemicals.
2. **Petrolatum:** Also known as petroleum and paraffin jelly, this mineral oil interferes with your skin's own moisturizing ability. It leads to dry skin and chapping, and can suffocate and clog pores.
3. **Ethyl or isopropyl alcohol:** Found in many beauty products, these types of alcohol virtually destroy your skin's pH balance, dissolve your body's own natural moisturizers, and can actually contribute to wrinkles. Do **not** confuse these damaging alcohols with cetyl, stearyl, or cetearyl, or benzyl alcohols, which are naturally derived.

If your skin care products contain any of these, throw them out!