



**The 8 Poisonous Ingredients**  
**Lurking In Your Skincare Products**  
**That Damage Your Skin &**  
**Secretly Sabotage Your**  
**Skincare Routine**  
**Part 2**



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I started off here ([www.dontsettleSkincare.com](http://www.dontsettleSkincare.com)) originally. This is part 2 of what I've discovered about the ingredients in skincare products. To say that I was surprised by what I found is putting it lightly. I was shocked, and then doubtful, and then a little angry, and then frustrated. I have been trying to keep the wrinkles and sun spots and skin sag (don't get me started about gravity) at bay since I hit 30. I was confident I was doing the best I could with all kinds of skincare products. I use cleanser, toner, firmer, moisturizer, sunscreen, eye cream, and wrinkle reverser, and I've used about a billion different kinds of "miracle" serums to turn back the clock. I'm not suggesting to any woman to stop using these type products (Lord knows I won't!). I'm just trying to make sure you know what you're putting on your face.

Here's the rest of what I found.



## •Phenoxyethanol

This one is probably my favorite ingredient just because of how much it blew my mind. I just don't understand why these things were ever used in skincare products to begin with. This one, phenoxyethanol (please don't ever ask me to say it), is another preservative. When it's not being used as a preservative, they use it to *knock fish unconscious!* I'm

not joking here - I promise. It's used as an anesthetic for fish. It's also used as a detergent and in vaccines. I have no idea why something like that should be injected in my body in the form of a shot either...but I'm not going to go there. I'm just worried about my skin at the moment. I also know beyond a shadow of a doubt that I won't be pouring phenoxyethanol in with my clothes to wash them either.



This preservative has caused so many issues that even the U.S. Food & Drug Administration (good old FDA again) has warned that people shouldn't use skincare products containing phenoxyethanol. Go check your cleanser, toner, masque, or exfoliating gel, and I bet it's in there. The FDA issued the warning to avoid phenoxyethanol because it has been linked to skin irritation and inflammation and dermatitis, causing skin to become red, swollen and sore. It can cause blisters, vomiting, and it can even shut down the central nervous system (you know, the parts of the brain that controls things like breathing, moving, living).



The FDA went so far as to warn pregnant and nursing women not to use any product that contains phenoxyethanol for *any reason*. If a newborn or unborn child shouldn't have it, I don't think I should be slathering it on my face, neck or body in the form of lotion or cleanser or anything else!



If that wasn't enough to convince me to avoid it, I also found that phenoxyethanol is a type of chemical that is found in jet fuel and lacquer and paint. For so many obvious reasons (goodbye nervous system, life), other countries like Japan (and they eat puffer fish!) have banned all skincare products that have phenoxyethanol in them.



I read the Material Safety Data Sheet (MSDS) for phenoxyethanol and I laughed. It says very clearly that this stuff is harmful when absorbed through the skin. It's harmful in every way possible, like if swallowed or inhaled. It can cause damage to the skin it comes in contact with, making skin cells not regenerate properly. Or, in English, it screws up my skin! So, again, it makes me look *older not younger*. I don't need help looking older!



## • Retinyl Palmitate



This ingredient right here was in all of my anti-aging serums. It was in my firming cream, too. It is used to make the skin look supple and keep my dry, flaky skin at bay. Who doesn't want flake-free, supple skin? Well, I won't be using anything with retinyl palmitate in it

anytime soon! Imagine my surprise when I read that it causes my skin to look uneven and blotchy! I kept reading, and it got worse, of course. It hurts my skin at the cellular level, injuring my skin in such a way that it can cause precancer or cancer! As I said in part 1 of this report [which you can find here: [www.dontsettleSkincare.com](http://www.dontsettleSkincare.com)], skin cancer is absolutely not my idea of a good time in any way, shape or form. I don't want to be that lady walking around with bandages and scars on my face and neck and chest from my multiple skin cancer surgeries. Not that I couldn't find a way to rock a good scarf, I just would prefer to continue to worry about saving for retirement, not if I will survive to see retirement.



These aren't recent studies either. Most of them that I found had been completed years ago - in 2006 and 2007. No one in the skincare industry can tell me they didn't know these things. That guy in the lab coat has to know these things. It is kinda his job, right? There have been FDA warnings for crying out loud! I was just so surprised when I learned that all these products I've been using to reverse the signs of aging have been working against me.

Even if I ignored the health risks, what about the fact that they cause signs of premature aging? It makes me wonder how many of my wrinkles would be here if I hadn't used all these products for the last *15 years!* Even the Environmental Working Group has asked manufacturers of skincare products to remove retinyl palmitate from all their products.





## • PEG-8 Stearate

Well, I don't want to even type this one. It's not really a word even. I feel like it's some kind of bill that is trying to be pushed through congress or maybe a new strain of flu, not an ingredient in my skincare products. But, obviously, it is in my skincare products. It's in all kinds of skincare products, like my exfoliator and masque and a few serums and eye cream. It helps other chemicals get deep down into your skin. Well, on paper, that sounds like a good idea (at least it did to me at first). I kept reading though and I quickly found studies that made it clear that it isn't just other chemicals following this PEG-8 Stearate down into your pores. Bacteria and dirt and whatever else happens to be on your skin at the moment all go into your pores and deep into your skin too. All the other really harmful chemicals I have already mentioned are just hanging out on the surface of your face but they are also now deep in your skin. And as all this gunk is going in, your natural moisture is going out. So, I'm getting a bunch of nasty in my skin and my skin is dry all at once. Fantastic (more sarcasm, obviously). Again, this PEG-8 Stearate is bad enough that the U.S. Food & Drug Administration (the FDA) has warned against using products with PEG-8 Stearate in it.





## • Alcohol/Ethanol

Well, alcohol being harmful to my skin was *really* a surprise for me. We use rubbing alcohol as first aid, and in hand sanitizer and all kinds of products like sunscreen and moisturizer and cleanser and toner just to name a few. How bad can it really be? Well, apparently I should have thought more about the effect that alcohol has on the body of an alcoholic. There is a recent study showing that alcohol and its sister, ethanol, suck the moisture from your skin. So, then the skin is irritated and red and tries to put the moisture back in which can cause puffiness or bloating. Alcohol and ethanol also have an even more unexpected effect on your body by messing with a hormone called vasopressin (Google it, I'm not making this up) which makes your kidneys work harder which makes



you lose even more water from your body. If your kidneys are overworked every day for years and years, there is a chance your kidneys will wear out. The icing on the cake...the lack of water also gives you more wrinkles. Do I need to even comment on that?



## • Dimethicone

This chemical is used in skincare products to help the product go on smoothly. It adds a layer to the skin, like a smooth coat of wax (sounds like a good idea, really, I could use some smooth in my life). Well, this coating apparently does bad things to the skin. It hangs on to things like oil and bacteria and dirt. This, of course, can lead to blackhead and breakouts. I don't really want to look like I'm going through puberty again.

The worst part about the smooth coating is that it stops my skin from doing what it needs to do on a daily basis to stay healthy. With this coating, the skin can't get rid of dead skin cells or keep cool or warm or sweat (not that I'm a fan of sweating). More zits and



breakouts and blackheads, oh joy. I can't imagine that is healthy for my skin. If the effects to my skin aren't enough to convince me dimethicone is bad news, then the fact that dimethicone is classified as "non-biodegradable" will convince me for sure. So, it's like what...plastic?



I hope you can consider what I'm saying. I'm 45...um, excuse me, I must have lost my mind for a moment, I meant to say I'm 39 years old, and I plan on having beautiful, healthy skin for a very long time to come.

I have no interest in looking like leather, or my mother (Lord forgive me and help me!), and I most definitely have no interest in getting breast or skin cancer. I want my biggest worries to be about the effects of gravity on certain parts of my body and whether my son makes it through his senior year in high school (don't get me started on that subject). I don't want to worry about what's in my skincare products.



**If you, like me, are concerned about the 8 chemicals I just told you about, I also put together a list of popular skincare products - from companies like L'Occitane®, The Body Shop®, SkinCeuticals®, Aveda®, etc. - with all the ingredients listed. I went through and highlighted the bad ingredients so it is easy to see which products are good for the skin and which are not...and you can have it for free. There's no catch and I don't want your email address or anything like that. Just go to the address below to download the list. I'm sure you'll find some of these ingredients in your current skincare.**

**Thank you for reading this very long tirade about the chemicals we're putting on our skin and, as a result, in our bodies. Please share this with the other women in your life you care about by sending them to the link below.**

**[www.dontsettleskincare.com/products-to-avoid](http://www.dontsettleskincare.com/products-to-avoid)**

**You can read the first part of this Special Report here:**

**[www.DontSettleSkincare.com](http://www.DontSettleSkincare.com)**