

#SAYNOLIST

your personal guide to understanding labels

Clean Beauty Standards

At SAY, we're dedicated to our SAY Clean Beauty Standards.

While not all the ingredients on our #SAYNO List are immediately harmful, some have been restricted or banned in certain regions due to environmental and health concerns.

We consciously avoid these ingredients and prioritise sustainable alternatives in our products to ensure your well-being and the planet's health.



@sageandylang

Polyethylene glycol (PEG compounds)

PEGs are widely used in cosmetics as thickeners, solvents, softeners, and moisture carriers. Depending on manufacturing processes, PEGs may be contaminated with ethylene oxide and 1,4-dioxane, which is highly toxic to the environment.

Keywords: Polysorbate, PEG (any forms of glycols), Cetareth-20 and Cereareth-12

Found in: Haircare, skincare, bodycare, makeup, and sunscreen products

Resorcinol and 2-Methylresorcinol

Both are typically used in the formulation of hair dyes. It is linked to a host of issues such as allergies, irritation, and hormone disruption.

Found in: Hair dye, haircare, skincare, bodycare, makeup, and sunscreen products

Sodium Lauryl Sulfate and any forms of Sulfates

Sulfates are often contaminated with 1,4-dioxane, a byproduct of a petrochemical process called ethoxylation. SLS and its derivatives such as SLES and ALS are surfactants that often trigger allergies

Keywords: Sodium Lauryl Sulfate, Sodium Laureth Sulfate, Ammonium Laureth Sulfate

Found in: Shampoo, body wash, bubble bath.

Silicones - Cyclic and Linear

Harmful to marine and wildlife. Data indicate that these may have reproductive, developmental toxicity and/or endocrine disruption concerns

Keywords: Cyclomethicone, Dimethicone, Cyclopentasiloxane, Cyclotetrasiloxane, Cyclohexasiloxane

Found in: Haircare, skincare, bodycare, makeup, and sunscreen products.

Synthetic Color

Also called food coloring, are dyes that have been approved for food, drug, and cosmetic use. Most are petroleum-derived and artificial colours can increase the risk of irritation, blocked pores, breakouts and sensitivity. But some artificial colours are more harmful than others.

Keywords: Anything with D&C or FD&C

Found in: Haircare, skincare, bodycare, makeup, and sunscreen products

Synthetic fragrance

Scent or flavoring agent created in a lab that may contain any combination of 3,000-plus stock chemical ingredients, including hormone disruptors and allergens.

Keywords: Parfum

Found in: Haircare, skincare, bodycare, makeup, and sunscreen products

Toluene

A volatile petrochemical solvent that is toxic to the immune system and can cause birth defects. Exposure to toluene can also cause temporary effects such as headaches, dizziness and cracked skin. While more serious effects such as reproductive damage and respiratory complications.

Found in: Nail polish, hair dyes

Triclosan and Triclocarban

Found in 'anti-bacterial' products. These antimicrobial pesticides are toxic to the aquatic environment; may also impact human hormone functions.

Found in: Deodorant, liquid soap, bars soap, toothpaste, other personal care and home cleaning products

References:

EWG. Skin Deep Database. <https://www.ewg.org/skindeep/>
Safe Cosmetics. About Us. <https://www.safecosmetics.org/about-us/>
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Credo Beauty. The Credo Clean Standard. <https://credobeauty.com/pages/the-credo-clean-standard-1>
Beauty Heroes. Pocket Guide: A Healthy Beauty Standard For People and Planet. 'The Most Trusted Ingredient Standard'. Beauty Heroes. www.beauty-heroes.com/pocket-guide/.
David Suzuki. Sustainable Shopper's Guide to a Dirty Dozen PEG. <https://david Suzuki.org/wp-content/uploads/2017/10/sustainable-shoppers-guide-dirty-dozen-cosmetics-ingredients.pdf>

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Animal-derived Ingredients

Any kind of fat or product from animals.

Keywords: Beeswax, Guanine, Lanolin

Found in: Haircare, skincare, bodycare, makeup, and sunscreen products

Benzalkonium Chloride

Benzalkonium Chloride is a commonly used preservative and surfactant to prevent or inhibit the growth and reproduction of microorganisms in finished products. It also functions as a foam booster and as a detergent. This can trigger severe skin, eye, and respiratory irritation and allergies.

Found in: Sunscreens, moisturisers, antimicrobial soaps, and skin antiseptics.

Butylatedhydroxy Anisole and Butylated Hydroxytoluene

Synthetic antioxidants used to extend shelf life. It can be found in a wide range of cosmetics and personal care products. They are likely carcinogens and hormone disruptors and may cause liver damage.

Keywords: BHA, BHT

Found in: Haircare, skincare, bodycare, makeup, and sunscreen products

Chemical Sunscreen

Some chemical sunscreens have been linked to hormone disruption.

Keywords: Avobenzone, Benzophenone, Oxybenzone, and Octinoxate, Benzophenone-3 or BP-3

Found in: Haircare, skincare, bodycare, makeup, and sunscreen products

Ethanolamines

Triethanolamine (TEA), Diethanolamine (DEA) and Ethanolamine are clear, thick liquids with ammonia-like odours. They are also linked to allergies, skin toxicity, hormone disruption, and inhibited fetal brain development.

Keywords: MEA/DEA/TEA

Found in: haircare, skincare, bodycare, makeup, and sunscreen, cleaning solvents, and shaving products.

Ethylenediaminetetraacetic acid

Calcium Disodium EDTA, Tetrasodium EDTA, Trisodium EDTA, etc, are chelating agents, added to improve product stability. These ingredients can pose as a problem for marine life since they don't break down in the environment and have been found in waterways.

Keywords: EDTA

Found in: haircare, skincare, bodycare, makeup, and sunscreen products

Formaldehyde Releasers

Used as preservatives and to control the pH in cosmetics. A carcinogen that is also linked to asthma, neurotoxicity, and developmental toxicity.

Keywords: Quaternium-15, DMDM hydantoin, imidazolidinyl urea, diazolidinyl urea, sodium hydroxymethylglycinate, 2-bromo-2-nitropropane-1,3 diol (Bronopol), and several other preservatives.

Found in: Shampoo, body wash, bubble bath.

Hydroquinone

A common name for 1,4-dihydroxybenzene, 1,4-Dihydroxybenzene

Found in: Commonly used in skin lightening products, haircare, skincare, bodycare, makeup, and sunscreen products

Methylisothiazolinone and Methylchloroisothiazolinone

Chemical preservatives are among the most common irritants and causes of skin allergies.

Found in: Haircare, skincare, bodycare, makeup, and sunscreen products

Parabens

A class of preservatives commonly used to prevent the growth of fungi, bacteria and yeast. Parabens are endocrine disruptors, which may alter important hormone mechanisms in our bodies and have been associated with breast cancer.

Keywords: methylparaben, butylparaben, propylparaben and its derivatives.

Found in: haircare, skincare, bodycare, makeup, and sunscreen products

Petrolatum and Paraffin

Derived from processed petroleum. Petrolatum is hydrophobic and insoluble in water. The concerns with these ingredients are unsustainable sourcing and possible PAH (Polycyclic Aromatic Hydrocarbons) contamination - which has been linked to cancer.

Keywords: Mineral oil, Paraffin wax, Liquid Paraffin

Found in: haircare, skincare, bodycare, makeup, and sunscreen products

Phenoxyethanol

Commonly used as a preservative in cosmetics and beauty products.. It has been linked to causing skin irritation, and hormone disruption.

Keywords: Ethylene Glycol Monophenyl Ether

Found in: haircare, skincare, bodycare, makeup, and sunscreen products

Phthalates

Phthalates are plasticizing chemicals. Some may remain undisclosed, hiding under the term "fragrance." These ingredients disrupt the endocrine system and may cause birth defects.

Keywords: DBP, DEHP, DEP and others

Found in: haircare, skincare, bodycare, makeup, and sunscreen products