



Learn the Truth About What Is In Your Skin Care Products

Now, I'm going to show you how to learn the truth about the ingredients in the products you are using on your hair, skin and body.

With this information you will be fully empowered to make choices about what products and substances you want put on your body.

You will know how to discover which products and product lines are less toxic and with less possibility for irritating to your skin, disrupting the delicate hormonal and endocrine systems of your body, and creating a build up toxicity in your body.

First, learn about some of the basic ingredients that we recommend you avoid if you have sensitive skin, here at our [Safe Cosmetics Guide](#).

I will show you a simple way to quickly check the ingredients in your skin care and personal products, so you can eliminate those that are more toxic or more likely create more inflammation and irritation on your skin.

1. Go to the online [Cosmetics Database](#) at www.CosmeticsDatabase.com
2. Enter into the search box the name of a personal care or skin care product you use. For example, let's enter "Clairol Nice and Easy Hair Color"
3. Press the "GO" button and you'll be brought to this page with your [search results](#).
4. Now, look at the right hand side of the page under "Hazard Score".
5. Products are rated from 0 to 10 in terms of toxicity, with 10 being most toxic and 0 being least toxic. Click the links to see a detailed explanation.

Any hazard score in red is considered a High Hazard should be avoided as it contains a LOT of toxic ingredients. That's why it has a red light!

A rating in yellow is considered Moderately Hazardous. If you have sensitive skin, or tend to have chronic health challenges, I recommend you avoid those products as well.

They contain ingredients that cause inflammation and irritation, and sometimes hormone disruption and organ toxicity which can cause acne breakouts and sensitive skin eruptions.

A green rating will generally be free of most irritating ingredients. This does not mean that YOUR sensitive skin will like the products that are rated green, but there is a much better chance that they will not irritate your skin.

A note about products in the Cosmetics Database - sometimes companies do not update this database with their most recent products. In this case you may get results for products that are not longer in their product line.

What if Your Product Isn't In the Cosmetics Database?

If this is the case, you have two choices.

One, you can look up the company to see if they are listed in the database. If so, there may be some similar products listed.

Companies reformulate their products on a regular basis, so you may only find older versions of some products.

Your second choice is to look at the label of your shampoo or skin care product. When you find an ingredient that sounds like it could be irritating, type it into the search box.

Click "GO" and you'll get a search results page for that ingredient, along with a hazard rating. Again, I recommend choosing ingredients that are "green lights".

Sometimes you can't find an ingredient, but you can find a similar one.

What Did you Discover?

What did you learn from looking up your products on the cosmetic database? How did your products rate? Were you surprised?

I know sure was!! I discovered my 'pure and natural' laundry detergent is actually quite allergenic!!

Are there healthier product choices you could make?

Share what you have learned here at our [Skin Care Forums](#).

Mashubi



P.S. I'd like to know more about the sensitive skin problems you are facing. It would mean a lot to me if you could take a minute to let me know. As a *Thank You* I will send you a free **Safe Cosmetics Guide** which you can save to your computer and print out to take shopping! [Tell Me About Your Skin Problems](#)

P.P.S. You don't even need to give your name or e-mail address ... and you can see what other visitors have shared!

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