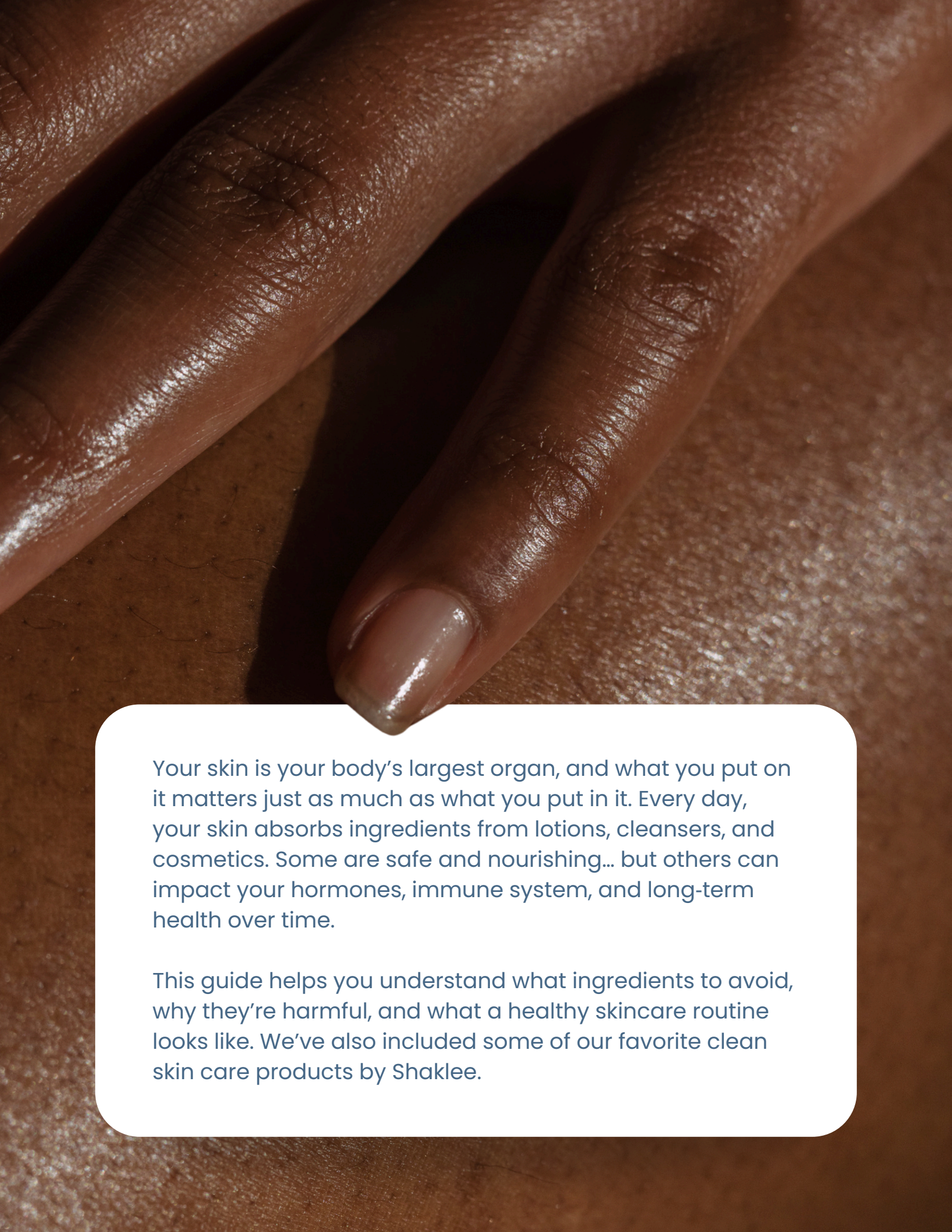


Inside Health Skincare Guide

Choose Smarter, Stay Healthier



Your skin is your body's largest organ, and what you put on it matters just as much as what you put in it. Every day, your skin absorbs ingredients from lotions, cleansers, and cosmetics. Some are safe and nourishing... but others can impact your hormones, immune system, and long-term health over time.

This guide helps you understand what ingredients to avoid, why they're harmful, and what a healthy skincare routine looks like. We've also included some of our favorite clean skin care products by Shaklee.



Why Harmful Ingredients *Matter*

Many conventional skincare products use chemicals that:

- Persist in the body
- Disrupt hormones
- Trigger inflammation or irritation
- Accumulate in fatty tissue
- Interfere with metabolic processes

These effects are often slow and subtle, but over years/decades, they can contribute to chronic health issues, especially with repeated, daily use.

Common Harmful Skincare Ingredients

& Why They're Bad

Formaldehyde-Releasing Preservatives

Role:
Prevent mold/bacterial growth

What they do:
Linked to cancer risk and skin sensitization. Formaldehyde is a known carcinogen when inhaled or absorbed in high amounts.

Long-term impact:
Continued low-level exposure can contribute to chronic irritation and systemic burden.

Mineral Oil & Petroleum Derivatives

Role:
Moisturizing agent

What they do:
While they trap moisture on the surface, they can block pores and prevent skin from breathing.

Long-term impact:
Can contribute to congestion, acne, and impaired skin function.

Parabens

Role:
Preservative to prevent microbial growth

What they do:
Parabens can mimic estrogen in the body. Estrogenic activity has been linked to hormonal imbalance, reproductive issues, and increased risk of certain cancers.

Long-term impact:
Years of daily exposure can contribute to hormonal disturbance, especially in sensitive individuals.

Sources:
Anything labeled methylparaben, propylparaben, butylparaben.

Phthalates

Role:
Often used in fragrance blends

What they do:
Associated with endocrine disruption, reproductive toxicity, and developmental issues. Phthalates are easily absorbed through the skin.

Long-term impact:
Frequent exposure (daily lotion, perfume) can add up, potentially affecting thyroid and reproductive hormones over time.

Sources:
Diethyl phthalate (DEP), DBP, “fragrance.”

Synthetic Fragrances

Role:
To make products smell “pretty”

What they do:
Often a mix of undisclosed chemicals. Many are linked to allergic reactions, dermatitis, headaches, and hormone disruption.

Long-term impact:
Even if labeled “fragrance,” the blend isn’t regulated, meaning actual ingredients are a black box.

Sources:
“Fragrance” or “parfum” on labels.

Sulfates (SLS, SLES)

Role:
Foaming Agents

What they do:
Sulfates strip natural oils from skin, leading to dryness, irritation, and increased sensitivity.

Long-term impact:
Repeated removal of protective oils can weaken the skin barrier, increasing vulnerability to inflammation and premature aging.



Natural Doesn't Always Mean *Safe*

Some "natural" ingredients can be misleadingly marketed as gentle or healthy, but can still cause harm:

Tea Tree Oil
Often used for acne and fungal conditions. While natural, it can cause allergic dermatitis in sensitive people.

Citrus Oils (Lemon, Orange)
These can increase photosensitivity, making skin more prone to sun damage.

Essential Oils
They are highly concentrated and can be irritating or sensitizing without proper dilution.

The Takeaway
"Natural" doesn't automatically equal safe for every skin type or long-term use. Always check for potential irritants or sensitizers, even in plant-derived ingredients.



Clean Beauty: What to Look For & Why It Matters

Choosing products that avoid harmful ingredients protects your skin now and reduces cumulative toxic exposure over years of daily use.

Look for products that are:

VEGAN
Free from animal-derived ingredients. Often gentler and more plant-based.

GLUTEN FREE
Important if you're sensitive — even topical gluten can cause reactions in people with celiac or severe sensitivity.

CRUELTY FREE
Not tested on animals — a mark of ethical sourcing and transparency.

PARABEN FREE
Avoids known hormone-disrupting preservatives.

PHTHALATE FREE
Reduces exposure to chemicals linked to reproductive and endocrine disruption.

These labels aren't just marketing, they reflect cleaner formulations with less systemic impact.

Skin Care Routine That Aligns With Whole-Body Health

A healthy skincare routine should support your skin's natural functions, protect its barrier, and avoid unnecessary toxic exposure.

Morning Routine

1 Cleanse with cool or lukewarm water

Hot water strips natural oils. Cool water helps maintain the skin barrier and reduce inflammation.

2 Gentle Cleanser (clean ingredients)

Choose sulfate-free, fragrance-free, dermatologist-tested cleansers.

3 Antioxidant Serum

Vitamin C or plant antioxidants help protect against daily oxidative stress.

4 Moisturizer

A clean lotion or cream that supports hydration without occlusive petroleum derivatives.

Nighttime Routine

1 Remove Makeup Gently

Use clean micellar water or a gentle oil cleanser.

2 Antioxidant Serum

Retinol or peptides (clean formulas) for anti-aging, but only if tolerated.

3 Moisturizer

More intense nourishment at night supports repair.

4 Rinse with Cool Water

A quick cool water splash before bed can soothe inflammation.

Shop Clean Skin Care

Did You Know?

Vitamin A (Retinol/Retinoids) and Vitamin C are both powerful skincare ingredients but they work very differently and are recommended with different usage guidelines.

Vitamin A (Retinol/Retinoids)

What it does:

- ✓ Increases cell turnover
- ✓ Smooths fine lines and wrinkles
- ✓ Treats acne
- ✓ Boosts collagen production

What it does:
At night only. Vitamin A can break down in sunlight and make your skin more sensitive to UV rays.

How often:
Start with 2–3 nights per week, then build up as your skin tolerates it. Overuse can cause dryness, irritation, and peeling.

Not for everyone:
Avoid if pregnant or nursing unless approved by a doctor. Some skin types (especially sensitive) need to start with lower concentrations (like retinyl palmitate).

Vitamin C

What it does:

- ✓ Brightens skin tone
- ✓ Fades dark spots
- ✓ Neutralizes free radicals
- ✓ Boosts sunscreen effectiveness

When to use:
Vitamin C cream (or serum) is best in the morning as part of your daily skincare routine.

How often:
Can be used daily (even twice a day in gentle forms). It's generally well-tolerated unless you have very sensitive skin





Healthy Skin Habits Beyond Products

Good skincare is lifestyle too:

HYDRATE INTERNALLY, water supports skin elasticity.

EAT ANTIOXIDANT-RICH FOODS (berries, leafy greens) for internal defense.

SLEEP WELL, skin repair happens most during deep sleep.

SLEEP WELL, chronic stress increases inflammation and aging.

Your skin does more than look good, it protects your inner health. Choosing clean, non-toxic skincare formulas and routines isn't just trendy, it's aligned with better long-term body health. Here's our recommended products for beautiful skin.

If you are looking for clean skin care products to enhance your whole body health do your research and make sure you are getting products that support anti aging, and not causing aging.

Click Here to View All Clean Skin Care

tinyurl.com/allcleanskincare