

## INGREDIENTS TO AVOID IN MAKEUP + SKINCARE

At Synergie Skin we have a strict 'clean science' policy. Terri Vinson, our founder, avoids formulating with ingredients that may pose a risk to your long term health and wellbeing. Below is a list that includes, but is not limited to ingredients that Synergie choose **not** to include in our products.

INGREDIENT	USES IN MAKEUP / SKINCARE PRODUCTS	POSSIBLE SIDE EFFECTS
<b>Talc</b>	Used as a cheap bulking agent for powdered and pressed products. Used for its provision of softness and absorbance.	May contain traces of lead which may pose health risks.
<b>Dimethicone</b> <i>(and other Silicones)</i>	Used in pressed powders, liquid foundations and primers to create a silky texture and allow for smooth application. Look for ingredients ending in 'cone' and this will indicate that the ingredient is a silicone.	Linked to 'acne cosmetica' and congestion i.e. comedones commonly known as blackheads and whiteheads. May lead to skin congestion due to the 'water locking' occlusive effect. They can also interfere with penetration of beneficial active ingredients into the skin.
<b>Bismuth/Bismuth oxychloride</b>	Used to bind makeup to the skin and give pearlescent shimmer effect.	Known as a potential skin irritant. Causes prickling or itching on the skin, particularly during exercise. May clog pores due to skin adhesion effect.
<b>Mineral Oil / Petrolatum</b>	Gives the illusion of moisturising due to oily and occlusive nature. Sits on skin surface to lock in moisture. Petroleum derived.	May be pore clogging. Some derivatives may cause irritation due to possible contaminants from petroleum refining. May impair natural skin processes ('cling wrap' effect) and disrupt cell turnover, nutrient absorption and toxin release.
<b>Artificial Colour</b> <i>(look for D&amp;C or FD&amp;C Dyes)</i>	Used for appearance only and provides pigment to make up and skin care - no functional benefit.	May contain unacceptable traces of lead and other toxic heavy metals. Can penetrate the skin due to small particle size. Common cause of skin irritation.
<b>Artificial Fragrance</b> <i>(look for 'Fragrance + /- number' or 'Parfum + /- number')</i>	No functional skin benefits	Common cause of allergy, skin irritation and sensitivity. May cause photosensitivity.