

Jami Lin, Licensed Esthetician, explains ingredients in **Clinique** (ingredient list below).  
YOU decide if they are "TOXIC" (as they enter your bloodstream in 27 seconds) and/or  
"EMPTY CALORIES" (that may feel good but you are aging through).

Take the "Toxic Waste Challenge" here <https://YOUhDuo.com/TWC+25OFF>  
AND get up to \$25 off Vegan, Organic and Paraben-Free YOUthDuo & Turkey NeckLESS  
(<https://youthduo.com/products/system-turkey>) too!

Watch Client Video Testimonials: <https://YOUthDuo.com/Results.php>  
Reverse-Aging, Race Time Consultations: <https://YOUthDuo.com/FaceTime>

=====Ingredient List=====

Water / Aqua / Eau, Glycerin, Dimethicone, Petrolatum, Tridecyl Stearate, Tridecyl Trimellitate, Polyglyceryl-10 Pentastearate, Behenyl Alcohol, Dipentaerythrityl Hexacaprylate/Hexacaprate, Cucumis Sativus (Cucumber) Fruit Extract, Hordeum Vulgare (Barley) Extract / Extrait D'Orge, Sodium Stearoyl Lactylate, Caprylyl Glycol, Propylene Glycol Dicaprate, Helianthus Annuus (Sunflower) Seedcake, PEG-100 Stearate, Sodium Hyaluronate, Cetyl Alcohol, Butylene Glycol, Tromethamine, Carbomer, Phenoxyethanol, Yellow 5 (CI 19140), Yellow 6 (CI 15985), Red 33 (CI 17200).

=====What each ingredient is and what it is for=====  
=====this is not for "presentation" - these are research notes=====

**What a fib...and yes it's true, ingredients DO reflect this! BUT...lots of yucky stuff!**

Formula Facts:

- Allergy tested
- 100% fragrance free
- Non-acnegenic
- Dermatologist developed
- Paraben Free
- Phthalate Free

Water / Aqua / Eau

## Dimethicone <https://www.bewell.com/blog/the-truth-behind-the-common-cosmetics-ingredient-dimethicone/>

That artificial coating on the outside of skin causes several issues:

- It traps everything under it—including bacteria, sebum, and impurities—which could lead to increased breakouts and blackheads
- The coating action actually prevents the skin from performing its normal activities—like sweating, temperature regulating, sloughing off dead skin cells, etc.
- Prolonged exposure to dimethicone can actually increase skin irritation, due to the coating property and because dimethicone is listed as a possible skin and eye irritant
- Those with sensitive or reactive skin are at risk of an allergic reaction to dimethicone
- On top of all this, dimethicone is a non-biodegradable chemical—bad for the environment

I also believe that using these types of ingredients on your skin can actually exacerbate skin aging. Why?

- You're inhibiting skin's natural processes
- You're creating a dependency on the coating product, disrupting the skin's own hydrating processes, which in the end *increases* dryness, making fine lines and wrinkles more noticeable
- The coating properties may increase breakouts, particularly if you're susceptible to acne, which will lead to scars and older-looking skin
- You're doing nothing to boost the health and vitality of the skin, thus letting aging take its toll

## Isododecane

Is Isododecane harmful? ^

While **isododecane** is generally thought to be safe, you may be wondering whether it will have an adverse effect on your skin type. ... If your dermatologist has identified your skin as sensitive, avoid products that contain artificial fragrances, or colors, as these may irritate the skin.

Colors? YELLOW Stuff is full of colorants.

## Butylene Glycol

Is butylene glycol bad for skin? ^

Derived from petroleum, **Butylene Glycol** is used as a preservative, solvent (dissolves other ingredients), and humectant (holds moisture to **skin**). ... Some say that small exposure to **butylene** glycol isn't **harmful**, but some say no matter what, it is **harmful** for you.

## Bis-PEG-18 Methyl Ether Dimethyl Silane

### Why is it used in cosmetics and personal care products?

PPG-2 Methyl [Ether](#) <sup>?</sup>, PPG-3 Methyl Ether and PPG-2 Methyl Ether Acetate are used as solvents in cosmetics and personal care products.

### Scientific Facts:

PPG-2 Methyl [Ether](#) <sup>?</sup> and PPG-3 Methyl Ether are polypropylene glycol ethers, with an average of 2 and 3 units of propylene oxide, respectively. PPG-2 Methyl Ether Acetate is the [ester](#) <sup>?</sup> of PPG-2 Methyl Ether and acetic acid. Propylene glycol ethers, including PPG-2 Methyl Ether and PPG-3 Methyl Ether are used as solvents in the manufacture of lacquers, glass surface cleaners and paper and packaging.

A synthetic skin conditioning agent and surfactant belonging to the chemical class of siloxanes and silicones.

## Glycerin

**Glycerin** (aka, **glycerine** or **glycerol**) is a commonly used ingredient in many cosmetic and personal care **skin care** products. ... As a humectant, **glycerin** works to moisturize the **skin** by drawing water from the air into the **skin's** outer layer. It also forms a protective layer that helps prevent moisture loss. May 22, 2014

**Glycerin** has a **skin tightening** and toning effect. It is added to many cosmetic products for its versatility: it thickens products, helps them lather better and seals moisture into the **skin**.

## Laminaria Saccharina Extract

<https://www.webmd.com/vitamins/ai/ingredientmono-542/laminaria>

Laminaria is a type of seaweed. It is used as food in many Asian countries. Laminaria contains iodine, an element that the body needs to make thyroid hormones. It is also a rich source of iron and potassium. Despite serious safety concerns about laminaria, some people use laminaria as medicine.

<https://www.ewg.org/skindeep/search.php?query=Laminaria+Saccharina+Extract> only a 1 in risk factor

## Polygonum Cuspidatum Root Extract

<https://www.ewg.org/skindeep/search.php?query=Polygonum+Cuspidatum+Root+Extract&h=Search> only a 1 risk

[https://www.consumerlab.com/answers/where-does-resveratrol-come-from/sources\\_of\\_resveratrol/](https://www.consumerlab.com/answers/where-does-resveratrol-come-from/sources_of_resveratrol/) (red wine)

## Saccharomyces Lysate Extract

<https://www.ewg.org/skindeep/search.php?query=Saccharomyces+Lysate+Extract> only 1 risk

Saccharomyces lysate extract is a type of yeast that is used in cosmetics and skin care products for its ability to improve absorption, add beneficial nutrients, decrease irritation, and optimize cellular oxygen consumption.

## Cucumis Sativus (Cucumber) Fruit Extract' cucumber hydration

## Hordeum Vulgare (Barley) Extract / Extrait D'Orge

Extract from barley plants. Can have antioxidant properties when ingested, but there is no research showing this to be the case when applied topically. Barley and its extracts/derivatives are a source of gluten. When fermented (as it is when used to make beer or when combined with yeast in cosmetics), barley extract has been shown to soothe skin.

## Helianthus Annuus (Sunflower) Seedcake

Being very high in vitamin E, it acts as an emollient which traps moisture and keeps **skin** well hydrated. It also helps prevent damage to cells by ultraviolet light and aids against premature aging of **skin** by protecting the collagen and elastin content.

## Caffeine

**Caffeine** has been used for years in cellulite creams: It dehydrates fat cells, making the **skin** smoother. It's also used in de-puffing eye gels as a vasoconstrictor, to temporarily **tighten skin** and reduce dark circles. ... **Coffee** can now be found in face creams, body scrubs, and fragrances. Jul 23, 2007

## Trehalose <https://www.ewg.org/skindeep/search.php?query=Trehalose> only 1 risk

**Sodium Hyaluronate** <https://www.ewg.org/skindeep/search.php?query=Sodium+Hyaluronate> only 1 risk

"Sodium hyaluronate is the salt form of HA and is a water-soluble salt that holds 1000 times its weight in water," Benjamin says. ... Both **hyaluronic acid** and **sodium hyaluronate** are used in beauty products, and marketers refer to both as "**hyaluronic acid**"—but there are some key differences. Oct 4, 2017

**Tocopheryl Acetate** <https://www.ewg.org/skindeep/search.php?query=Tocopheryl+Acetate>  
3 risk

Is tocopheryl acetate natural or synthetic? ^

There are two forms of vitamin E: tocopherol and tocopheryl acetate. Tocopherol is naturally-occurring, while tocopheryl acetate is synthetic. Both are used in cosmetics as **antioxidants**, keeping oils from turning rancid, and for their reported benefits on skin (healing, anti-aging). Apr 26, 2011

**Chamomilla Recutita (Matricaria)** German chamomile

**Polysilicone-11** <https://www.ewg.org/skindeep/search.php?query=Polysilicone-11> only 1 risk

Specialized, synthetic cross-linked siloxane (a type of silicone) that functions as a film-forming agent. The film left behind has water-binding properties and leaves a smooth feel on skin.

**Silica** <https://www.ewg.org/skindeep/search.php?query=+Silica> only 1, it's a calcium thickener

**Propylene Glycol Dicaprylate** <https://www.ewg.org/skindeep/search.php?query=Propylene+Glycol+Dicaprylate>

Propylene glycol dicaprylate/dicaprylate is a skin conditioning agent that makes skin soft and smooth.

Propylene glycol dicaprylate/dicaprylate is generally considered to be safe.

research. Propylene Glycol Dicaprylate/Dicaprate is used in skin care and beauty products as an ingredient in moisturizers, cleansing products, fragrance products, and makeup products such as foundations and lipsticks.

However, Propylene Glycol Dicaprylate/Dicaprate is considered a penetration enhancer and may enhance the skin penetration of other chemicals. Users should exercise caution when using products and formulas that contain this ingredient when combined with other ingredients for which limits have been set based on low dermal absorption.

**Oleth-10** <https://www.ewg.org/skindeep/search.php?query=Oleth-10> it's a 3

<https://journals.sagepub.com/doi/pdf/10.1177/109158189901800205> The **Oleth** family of ingredients are the polyethylene glycol (PEG) ethers of oleyl alcohol.

### Why is it used in cosmetics and personal care products?

The Oleth ingredients clean skin and hair by helping water to mix with oil and dirt so that they can be rinsed away. These ingredients also help to form emulsions by reducing the surface tension of the substances to be emulsified and help ingredients to dissolve in liquids in which they would not normally dissolve.

**Lactobacillus Ferment** <https://www.ewg.org/skindeep/search.php?query=Lactobacillus+Ferment> it's a 1

Is Lactobacillus good for skin?

Acne. ... Some probiotic strains found to be effective in studies of acne include **Lactobacillus**, **L. acidophilus**, and **B. bifidum**. Preliminary studies of topical probiotics for acne have shown they may help reduce the number of active **skin** lesions, Bowe said. Jun 24, 2014

**Laureth-23 & Laureth-4** <https://www.ewg.org/skindeep/search.php?query=Laureth-23> it's a 3

**Laureth-4** and **Laureth-23** are polyoxyethers of **lauryl** alcohol . They are a clear, colorless liquids. In cosmetics and personal care products, **Laureth-4** and **Laureth-23** are used in the formulation of a variety of bath, eye, facial, hair, cleansing and sunscreen products.

## Ammonium Acryloyldimethyltaurate / VP Copolymer

<https://www.ewg.org/skindeep/search.php?query=Ammonium+Acryloyldimethyltaurate+%2F+VP+Copolymer> it's a 1

**Ammonium acryloyldimethyltaurate/Vp copolymer** is a synthetic **polymer** that is used in cosmetics and personal care products as a film-forming agent, thickener, texture enhancer, and emulsion stabilizer. Sep 28, 2018


## Carbomer <https://www.ewg.org/skindeep/search.php?query=Carbomer> it's a 1

The Carbomers help to distribute or suspend an insoluble solid in a liquid. They are also used to keep emulsions from separating into their oil and liquid components. Carbomers are often used to control the consistency and flow of cosmetics and personal care products.

**Caprylyl glycol**. A humectant and **skin** conditioning agent that lends moisturization, emollience and wetting properties to many cosmetic solutions. It also functions as a stabilizer and has been shown to increase the antimicrobial activity of other preservatives.

## Caprylyl Glycol <https://www.ewg.org/skindeep/search.php?query=Caprylyl+Glycol> it's a 1

## Hexylene Glycol <https://www.ewg.org/skindeep/search.php?query=Hexylene+Glycol> it's a 1

What is hexylene glycol used for? 

Hexylene glycol is a low-evaporating solvent with complete water solubility. It is mainly used as a surfactant or emulsifying agent. Hexylene glycol is **widely** used in the coating industry as a component for lacquers, varnishes, printing inks and both oil and water-based paints. Apr 30, 2012



**Tromethamine** <https://www.ewg.org/skindeep/search.php?query=Tromethamine> it's a 2

all I could find

Tromethamine affects the balance of water and electrolytes in the body. Tromethamine is used to treat metabolic acidosis (an electrolyte imbalance). Metabolic acidosis can have many causes. It often occurs after **heart bypass surgery** or **cardiac arrest**. Jul 19, 2017

**Disodium EDTA** <https://www.ewg.org/skindeep/search.php?query=Disodium+EDTA> it's a 1

Calcium **disodium EDTA** is widely **used in** beauty and cosmetic products. It allows for better cleaning use, as it enables cosmetic products to foam. What's more, as it binds with metal ions, it prevents metals from accumulating on the skin, scalp or hair (4).

Oct 27, 2018

Is EDTA harmful to skin? 

It is classified as a high human **health** priority and expected to be **toxic** or **harmful**. However, tests done by the CIR (which are not corroborated) found that Tetrasodium **EDTA** is not a dermal irritant or a sensitizer, and is not absorbed by **skin** easily. ...

**Phenoxyethanol** <https://www.ewg.org/skindeep/search.php?query=+Phenoxyethanol> it's a 1

Used as an anti-bacterial in cosmetics and stabilizer in perfumes, **phenoxyethanol** is actually very **harmful**. It is **harmful** if swallowed, inhaled or absorbed through **skin**, especially to nursing mothers or infants. ... It irritates **skin** and eyes, and can cause blistering on **skin** as well.

## Potassium Sorbate <https://www.ewg.org/skindeep/search.php?query=+Potassium+Sorbate> it's a 3

How bad is potassium sorbate?

Food additives such as dyes, thickeners and preservatives may cause an allergic or intolerance reaction. As a preservative, **potassium sorbate** is regarded as safe and non-toxic, prolonged use most especially in large amounts can potentially lead to allergies.

**Potassium sorbate** is a salt of sorbic acid which is **naturally** found in some fruits (like the berries of mountain ash). The commercial **ingredient** is synthetically produced creating what is termed a "nature identical" chemical (chemically equivalent to the molecule found in nature). May 8, 2013

**Yellow 5 (CI 19140)** <https://www.ewg.org/skindeep/search.php?query=red+3> "older product" it's a 3

According to FDA, colorants and fragrances can have in excess of 1,000 chemicals...and you and I will never know what's in there! YUCK

**Red 4 (CI 14700), Yellow 6 (CI 15985).** both a 1