



THE
Herb Doctor



Skincare
Shopping
Guide

**TOP 10 BEST SKINCARE
INGREDIENTS TO INCLUDE:**

- 1 Arnica Extract
- 3 Ubiquinone (CoQ10)
- 4 Cranberry, Pomegranate
and/or Raspberry Seed Oil
- 5 Black, Green and/or White Tea
- 6 Pichia/Resveratrol Ferment Extract
- 7 Turmeric Root Extract
- 8 Ginseng Root Extract
- 9 Pineapple Fruit Extract
- 10 Chlorella (*Green Algae*) Extract

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TOP 10 WORST SKINCARE INGREDIENTS TO AVOID:

- 1 Fragrance
- 2 Formaldehyde and formaldehyde releasers
(*quaternium-15, diazolidinyl urea, DMDM hydantoin, bronopol, or imidazolidinyl urea*)
- 3 Mineral oil and petroleum
(*also called petrolatum, petroleum jelly, and paraffin oil*)
- 4 Parabens (*propyl-, isopropyl-, butyl-, and isobutyl-*)
- 5 Ethanolamines (*diethanolamine [DEA], monoethanolamine [MEA], and triethanolamine [TEA]*)
- 6 Oxybenzone (*benzophenone*), octinoxate, and homosalate
- 7 Hydroquinone (*or tocopheryl acetate*) and other skin lighteners
- 8 Triclosan and triclocarban
- 9 Coal tar ingredients (*including aminophenol, diaminobenzene, and phenylenediamine*)
- 10 Butylated hydroxyanisole (BHA)