

# three ships



## Safe Skincare Checklist

Up to 60% of what we put on our skin gets absorbed, which means the products we put onto our bodies affect our health and overall well-being. CFIA and FDA don't regulate skincare, which means almost any ingredient can be incorporated into formulations, including some ingredients that are super harmful to your skin (one of the most vital organs in the body).

### TOP INGREDIENTS TO AVOID:

|                |                           |
|----------------|---------------------------|
| Parabens       | Mineral Oil               |
| SLS + SLES     | Formaldehydes             |
| Phthalates     | Artificial Colors/Flavors |
| Phenoxyethanol | Silicones                 |

### TOP INGREDIENTS TO LOOK FOR:

|             |                 |
|-------------|-----------------|
| Niacinamide | Hyaluronic acid |
| Retinoids   | Vitamin C       |
| Vitamin E   | Squalane        |

## KNOW HOW TO READ YOUR LABELS

**"100% Natural"** - unfortunately, there are no legal requirements for what products can be labeled as "natural". Because of this, many skincare brands claim to be "natural" when they are, in fact, not.

**"Vegan"** - products that are created without any use of ingredients from animals, animal-derived products, or animal by-products.

**"Cruelty-free"** - products that have been manufactured by methods that don't include testing or experimenting on animals. **"Leaping Bunny Certified"** means the CCIC has certified the product as 100% cruelty-free after meeting uncompromising criteria.

The information provided the information on this checklist checklist was provided by Three Ships. They formulate their products according to strictest European Union standards, meaning they avoid more than 1,300 potentially harmful chemicals that the EU has banned. Three Ships products can be purchased directly in Lifemarket!