

— Melanin In Balance —

TOXIC BEAUTY 101: A BEGINNER'S GUIDE



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WELCOME

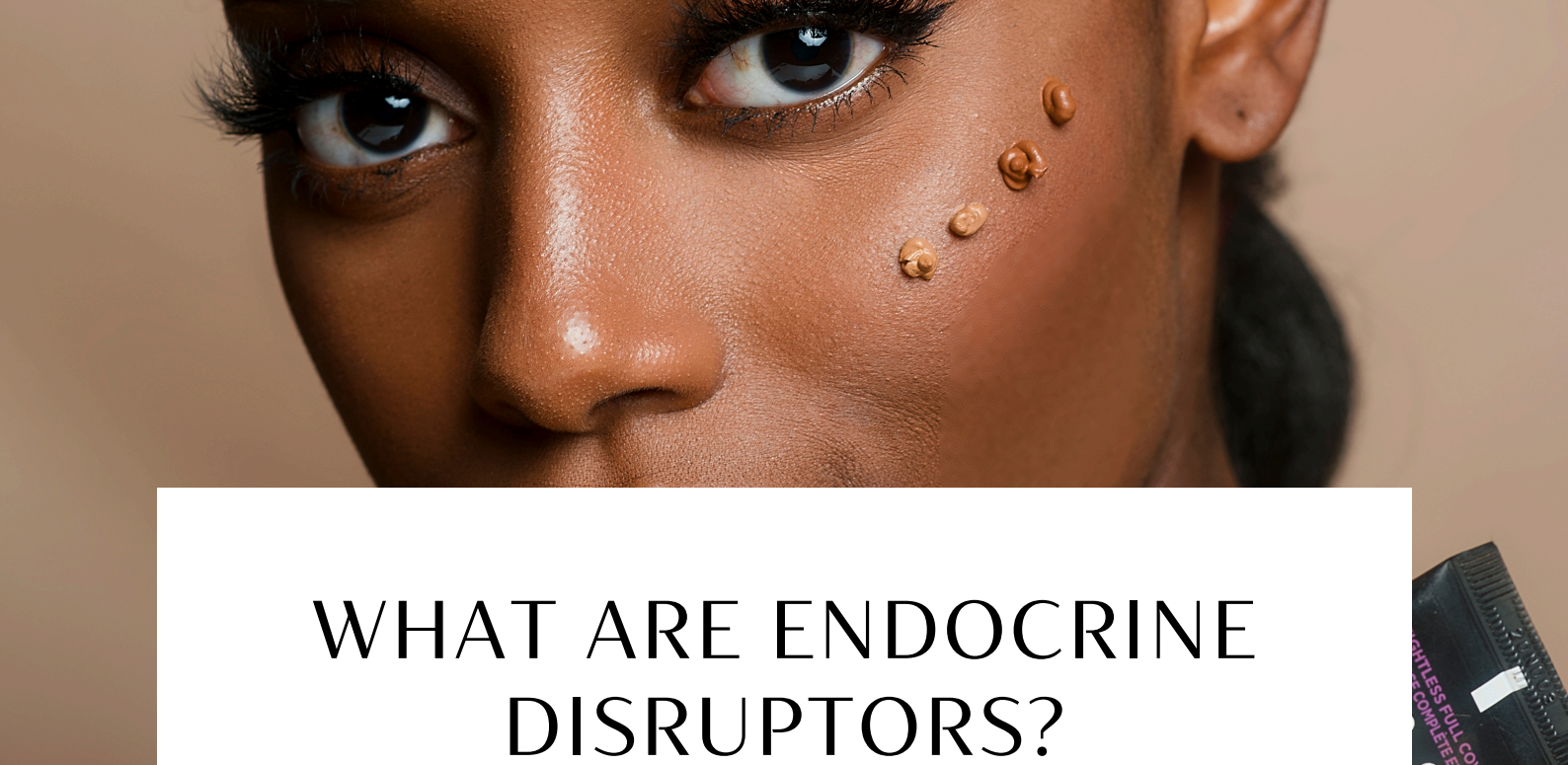
This guide is your first step toward making safer, informed choices about the products you use every day. From lotions to lip gloss, many beauty products contain chemicals that disrupt your hormones. We're here to help you spot them—and swap them.

with Love ,

Cilla Harding

@MELANININBALANCE





WHAT ARE ENDOCRINE DISRUPTORS?

Endocrine disruptors are chemicals that can interfere with your hormonal system. They're often found in products we use every day—even those marketed as "natural" or "clean."

Where They're Found:

- Beauty & personal care products
- Plastics and packaging
- Household cleaners
- Pesticides and even some foods

COMMON EFFECTS

How They Harm Your Health:

- Imitate estrogen or block hormone signals
- Interfere with reproductive health (irregular periods, infertility, fibroids)
- Impact thyroid, metabolism, and even brain development
- Are linked to cancer, obesity, and autoimmune conditions
-



Why You Should Care:
Because Black women are disproportionately exposed to these toxins through products marketed directly to us—and our health matters.



WHERE THEY HIDE IN YOUR ROUTINE

Your Routine, Under the Microscope

Product Type	Common Toxins
Hair Relaxers	Parabens, Formaldehyde, Phthalates
Body Lotion	Fragrance, Parabens
Deodorant	Aluminum, Triclosan
Lip Gloss & Lipstick	Lead, BHA, Synthetic Dyes
Feminine Wash	Fragrance, Propylene Glycol
Perfume & Sprays	Phthalates, Synthetic Fragrance
Nail Polish	Toluene, Formaldehyde, DBP



TOP 5 INGREDIENTS TO AVOID RIGHT NOW

Tip: If you can't pronounce it, look it up before using it.

1

Parabens

Used as preservatives.
Linked to hormone
disruption.

2

Phthalates

Often hidden
under “fragrance.”
Known endocrine
disruptor.*

3

Fragrance (Parfum)

A loophole term that
can include 100+
undisclosed
chemicals.

4

Formaldehyde & Releasers

Used in hair products
and nail polish.
Carcinogenic.

5

Triclosan

Antibacterial agent
linked to hormone
and thyroid issues.*

If it says “fragrance,” that’s
usually a red flag—
companies don’t have to
disclose what’s inside that
word.



WHY THIS MATTERS FOR BLACK WOMEN

Black women are overexposed to toxic ingredients because of targeted marketing, cultural beauty pressures, and lack of regulation in our products.

Here's what we're facing:

- **Hair relaxers and fibroids:** Studies show early use of relaxers is linked to a higher risk of uterine fibroids and hormone-related cancers.
- **The marketing gap:** Many products marketed to us contain more harmful ingredients than their counterparts.
- **Disparities in research:** Most product safety testing doesn't even include Black women in their studies.

We deserve better. We deserve safe.

A close-up photograph of a Black woman with her hair pulled back, wearing a white bathrobe. She is applying a thick, white, foamy lotion to her right cheek with her fingers. The background is a soft, out-of-focus grey.

3 QUICK WINS TO START TODAY

Start Small, Win Big

✓ 1. Swap Your Lotion

Choose a fragrance-free or naturally scented body butter with clean ingredients like shea butter, coconut oil, or jojoba.

✓ 2. Ditch the “Fragrance”

Look for products labeled “fragrance-free” or those that use essential oils.

✓ 3. Learn to Read Labels

If the ingredients list is long and hard to understand, it’s worth a second look. Use tools like Yuka, EWG’s Skin Deep or the “Think Dirty” app to decode products.

Small changes = big impact over time.



KEEP LEARNING WITH MELANIN IN BALANCE

Knowledge Is Power—And It's Free

Take your journey deeper with our free resources:

Ingredient Label Guide

Learn how to decode what's really in your products.

Reproductive Health Guide

Understand how beauty connects to your hormones and fertility.

DIY Clean Beauty Recipes

Simple, safe, and effective recipes for everyday self-care.

Download All Free Guides

Get everything in one easy click.

Coming Soon: Video Library

Watch short, powerful lessons about clean beauty, hormone health, and more.

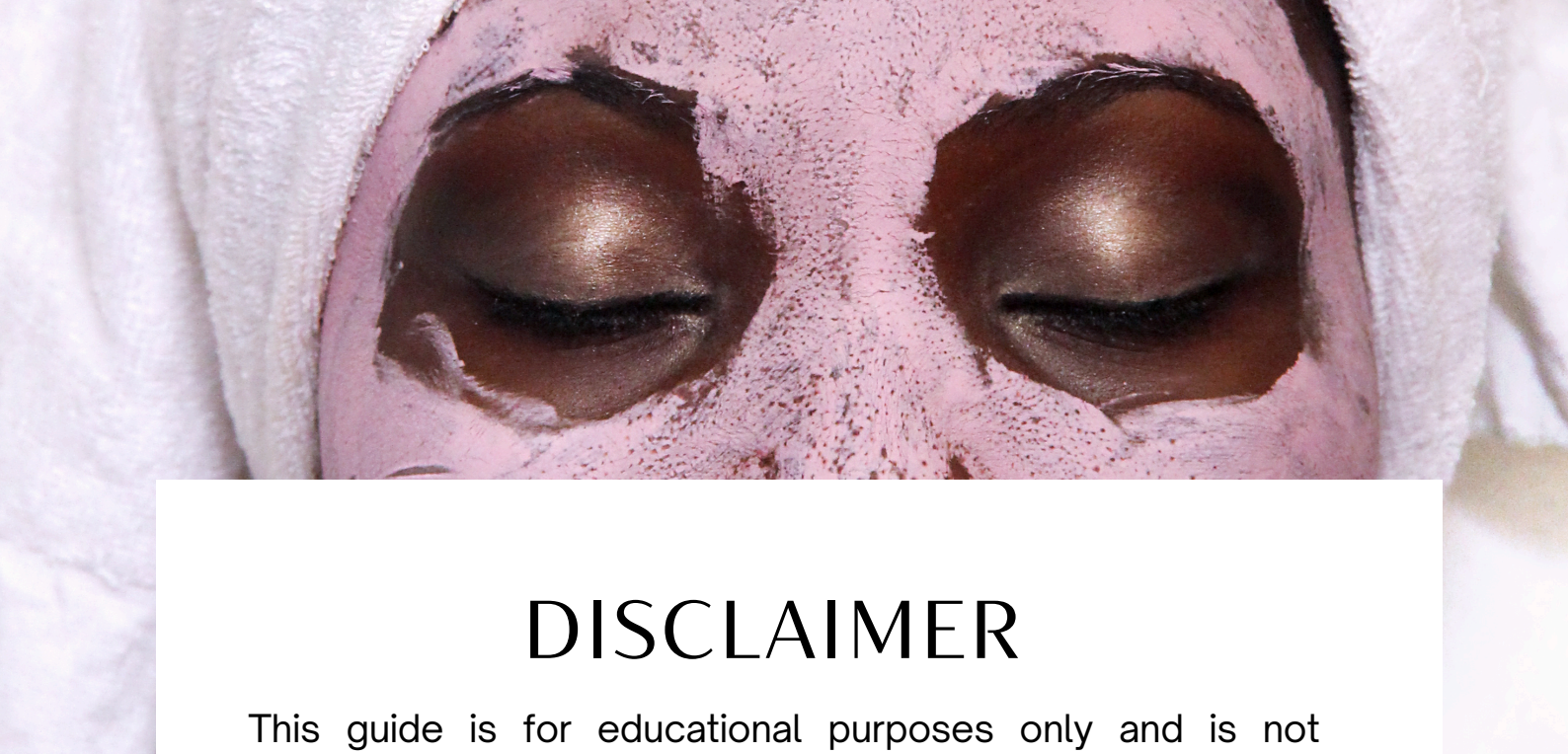


CALL TO ACTION

Join the Movement. Protect Your Beauty. Empower Your Body.

Here's how you can take action today:

- 📧 Subscribe for exclusive updates and health tips
- 💬 Tell us what topics you want us to cover next
- 📄 Download all our guides in one place
- 🐾 Share this guide with a friend—because we rise together



DISCLAIMER

This guide is for educational purposes only and is not intended to diagnose, treat, or replace professional medical advice. Always consult a healthcare provider for concerns about hormone health, allergies, or product safety. While we strive for accuracy, ingredient formulations can change—please read labels and research current information.

Melanin in Balance does not endorse or guarantee the safety of any third-party product mentioned. Use your own judgment and do what's best for your body.

