



# How Cosmetics Can Harm Your Eyes

Particles contained within cosmetic eye products can migrate to the ocular surface, destabilize the tear film and result in discomfort and destruction of the ocular structures in the front of the eye. Since the FDA does not require these products to be approved before they are marketed, many of the lotions and potions we use have harmful ingredients that can cause damage to our eyes.

Here is a list of the most harmful ingredients that we come in contact with on a daily basis. Becoming aware about these nasty offenders is important and allows us to be empowered to make better choices to support our overall health and well-being. Join Healey Vision and “nix” these harmful substances! All of our Skin Care products avoid these naughty ingredients.

## The Naughty List:

- Benzalkonium Chloride (BAK)
- Coal tar hair dyes & other coal tar ingredients
- Ethanolamines (MEA/DEA/TEA)
- Formaldehyde
- Hydroquinone
- Isopropyl cloprostenate
- Oxybenzone
- Parabens (methyl-, propyl-, isobutyl-, and others)
- Petroleum distillates
- Phthalates (DBP, DEHP, DEP)
- Polyethylene glycol
- Propylene glycol
- Retinyl acetate, retinoic acid, retinol (Vitamin A Palmitate)
- Sodium Lauryl Sulfate
- Toluene
- Triclosan & Triclocarban

## Helpful Websites:

- Beautycounter.com
- Eyesarethestory.com
- Lilylolo.com
- Petitvour.com
- Thinkdirtyapp.com
- Ewg.org/skindeep

## Healey Vision Tips & Tricks:

### Applying Makeup

Be careful about what lotions and potions you are applying around your eyes! Skincare products can migrate up to one centimeter, so only use eye-specific products around this delicate area. Do NOT permit naughty ingredients to compromise your tear film and vision just for the sake of beauty.

### Never:

- Share Makeup
- Apply makeup while moving
- Use waterproof makeup - these ingredients obstruct vital lid anatomy

### Always:

- Wash hands before applying makeup
- Remove makeup daily
- Clean brushes regularly