



Ingredients Project: Skincare Products

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INTRODUCTION

All people on Earth like to keep themselves clean. In ancient times, we would wash ourselves with water, and then be done with it. But now, in the modern world, we have soaps, bubble bath, sunscreen, hand sanitizers, lotions, etc. But can we really trust them? How do we know if they have animal products or not? As Jains, one of the three principles (and most remembered) is Ahimsa. We all know what Ahimsa means. It means not to hurt any living beings. And, as human beings, we can't completely go non-violent, but we can avoid using animal products. In this slideshow, I'll be naming some common brands of skincare and telling you if their products are cruelty free and/or vegan. I'll also be naming a few ingredients in skincare products (mainly moisturizers).

Brands

DOVE

Since 2019, Dove has stopped using testing their items on animals.

- ❑ If you want a product that's cruelty-free look for the cruelty free label on it. The cruelty free label is the picture on the top right.
- ❑ However, Dove is not being labeled Vegan at this time.

<https://www.bustle.com/p/are-dove-products-cruelty-free-the-drugstore-brand-just-upgraded-its-status-in-a-major-way-12208002>



NEUTROGENA



- While Neutrogena does not use animal products, they have not stopped testing on animals.
 - Neutrogena will only test on animals if required by government or law.
- According to the Humane Society, animal testing consists of the following:

"Several tests are commonly performed that expose mice, rats, rabbits and guinea pigs to cosmetics ingredients. These can include: Skin and eye irritation tests where chemicals are rubbed onto the shaved skin or dripped into the eyes of restrained rabbits without any pain relief."
- There are more than 40 countries that have banned or restricted animal testing for cosmetics. Countries such as Ukraine, Russia, Argentina, Chile, Colombia, Canada, Brazil, Japan, are in the process of phasing out testing on animals.

<https://veganclue.com/is-neutrogena-vegan/>

<https://crueltyfreecollections.com/is-neutrogena-cruelty-free/>

<https://www.cosmeticsdesign-europe.com/Article/2019/03/05/Global-ban-on-animal-testing-where-are-we-in-2019>



NIVEA

- ❑ **Soap:** Nivea soap is not ideal to buy, because it includes animal products like sodium tallowate and lanolin alcohol.
- ❑ **Lotion:** Nivea is also not cruelty-free. Nivea also applies its lotion on animals to test.
- ❑ **So,** even when Nivea boasts that they use a wide variety of mainly synthetic or plant-based ingredients in their products, they cannot label it as vegan.
- ❑ **"No, not all NIVEA products are 100% vegan. Meaning some of their products contain animal-derived ingredients or animal by-products"**

<https://crueltyfreecollections.com/is-nivea-cruelty-free/>

Ingredients

<https://www.plantbasednews.org/opinion/14-non-vegan-ingredients-to-look-out-for-in-make-up-and-beauty-products>

Lanolin

Lanolin is from sheep's wool, and it's a common ingredient.

Lanolin is used to soften and moisturize.

Some better alternatives to Lanolin are plant oils and butters.

Squalene

Squalene is made
from shark liver
oil

It's used for
anti-aging

A better option is
vegan squalene,
made from olives
and wheat germ

Stearic Acid

Stearic acid is made from pigs' stomachs (also cows and sheep)

Stearic acid is used in moisturizers and soaps

A vegan alternative (also called stearic acid) can be derived from plant fats

Collagen

Collagen is used in lots of anti-aging products

This fibrous protein is derived from animal tissue, bone, skin, or ligaments - often from cows.

Plant-based alternatives include soya protein and almond oil.

Elastin

Elastin is used in the same kind of products as Collagen

Elastin is a protein extracted from the muscles, ligaments and aortas of animals.

Vegan alternatives include hyaluronic acid and MSM (Methyl Sulfonyl Methane)



A few brands that are cruelty free:

Label for Cruelty free and Vegan



EARTHBODY

AFTERGLOW COSMETICS

SOAP MARKET, THE – 100%
VEGAN

SOAPBOX SOAPS

To see the full list, go to crueltyfreecollections.com

Vegan Companies/ stores to find vegan skincare products

- OM Botanical-Sudhir Shah- <https://www.ombotanical.com/>
 - EWG- Environmental Working Group- <https://www.ewg.org/>
 - Kirk's- <https://kirkssoap.com/>
-
- Homecentric- <https://www.homecentric.com/>
 - Big lots- <https://www.biglots.com/>
 - Wholefoods- <https://www.wholefoodsmarket.com/>
 - Trader Joe's- <https://www.traderjoes.com/>





Thanks for your
attention!



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