

# SAFE BEAUTY PRODUCTS FOR CANCER PATIENTS: WHAT TO LOOK FOR

by Carla Hill

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Cancer patients often experience heightened skin sensitivity during chemotherapy due to the nature of chemotherapy drugs, which target rapidly dividing cells. Unfortunately, this includes skin and hair cells, leading to irritation and increased sensitivity.

## Thoughtful Product Choices for Comfort

Choosing the right beauty products can help alleviate discomfort and prevent further irritation. The goal? To feel beautiful with peace of mind.

## Let's Talk Ingredients

Here's a list of common chemicals to avoid, as they may increase cancer risk and cause skin irritations:



- **Parabens:** Commonly used as preservatives in cosmetics, parabens can mimic estrogen in the body causing heightened skin sensitivity.
- **Fragrance:** They contain volatile chemicals that can penetrate the skin's barrier, triggering an immune response that leads to redness, itching, and inflammation.
- **Phthalates:** Used to stabilize fragrance, phthalates can weaken the skin barrier, allowing harmful substances to penetrate more easily—especially problematic during chemotherapy.
- **Formaldehyde:** Commonly found in nail polishes as a hardening agent, formaldehyde can easily penetrate the skin, leading to inflammation, redness, and allergic reactions. Classified as a carcinogen, it can cause DNA damage in cells with prolonged or repeated exposure.

## Tips for Choosing Safe Products

When selecting clean products, remember: the shorter the ingredient list, the better!

- **Read Labels Carefully:** If you can pronounce it, that's a good sign. Natural food stores like Whole Foods or Sprouts are often excellent resources for cleaner products.
- **EWG Skin Deep Database:** Curious about a product's safety? Check out the Environmental Working Group's Skin Deep database ([EWG Skin Deep](#)). It breaks down product ingredients and rates their safety.
- **Nails That Do No Harm:** Many nail polish brands now offer 9-free and 10-free formulas, which exclude some of the most harmful chemicals, such as formaldehyde, parabens, and dibutyl phthalate (DBP). These options provide a safer, healthier alternative for your nails without the harsh ingredients.

## A Recommended Brand for Cancer Patients



Beauty Despite Cancer ([beautydespitecancer.com](http://beautydespitecancer.com)), founded by Jennifer Young, offers a wide range of products designed specifically for cancer patients, from moisturizers to nail care and shampoos. These products are made with you in mind.

Remember, you are beautiful and deserve products that support and enhance that beauty and health.