

THE SKINCARE INGREDIENT DECODER POCKET GUIDE






Quick Reference for Choosing Safer +
Smarter Products



How to use this guide: This is your **quick-glance cheat sheet** for skincare labels. Use it when shopping online or in-store to quickly spot beneficial ingredients and avoid potential irritants. For in-depth explanations, examples, and full label-reading techniques, see the *How to Read Your Skincare Label* eBook.

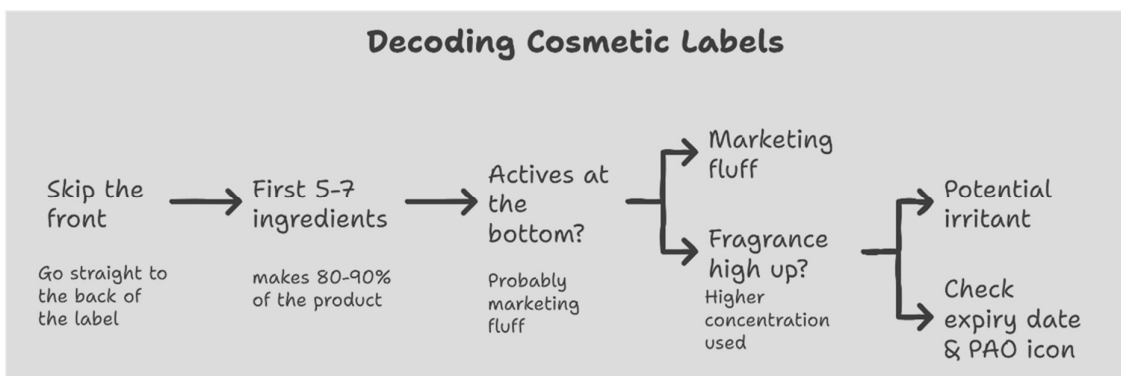
Ingredient Categories:

Beneficial 	Neutral/Supportive 	Caution/Limit 
Hyaluronic Acid	Water (Aqua)	Alcohol Denat.
Niacinamide	Glycerin	Sodium Lauryl Sulfate
Vitamin C (Ascorbic Acid)	Cetyl Alcohol	Fragrance/Parfum
Retinol (Vitamin A)	Cetearyl Alcohol	Essential Oils (e.g., Citrus Oils)
Peptides	Carbomer	Formaldehyde releasing Preservatives
Ceramides	Panthenol	Methylisothiazolinone
Squalane	Dimethicone	Mineral Oil
Green Tea Extract	PEG-100 Stearate	Synthetic Dyes (FD&C/D&C)

Top Red Flag Ingredients to watch out for:

Ingredient	Potential Concern
Alcohol Denat	Dries and weakens skin barrier
Fragrance/Parfum	Common allergen, may cause irritation
Sodium Lauryl Sulfate (SLS)	Harsh surfactant, strips skin's natural oils
DMDM Hydantoin	Formaldehyde-releasing preservative, potential allergen
Methylisothiazolinone (MI)	High allergy risk

💡 Pro Tips for Quick Label Reading



📖 Mini Ingredient Decoder Glossary

Ingredient	Alias / Simple Name
Tocopherol	Vitamin E (antioxidant)
Sodium Ascorbyl Phosphate	Stable form of Vitamin C
Retinyl Palmitate	Vitamin A derivative (anti-aging)
Sodium Hyaluronate	Form of Hyaluronic Acid (hydrating)
Glycyrrhiza Glabra Root Extract	Licorice Root (brightening)
Niacinamide	Vitamin B3 (brightening, barrier repair)
Panthenol	Pro-Vitamin B5 (soothing, hydrating)
Allantoin	Comfrey-derived soothing agent
Centella Asiatica Extract	Cica / Gotu Kola (calming, healing)
Aloe Barbadensis Leaf Juice	Aloe Vera (hydrating, soothing)
Hydrolyzed Keratin	Hair protein (repair/strengthen)

This quick guide gives you the essentials – but skincare labels hide *so much more*. Learn how to decode every ingredient, understand concentrations, spot marketing tricks, and shop like a pro with the **“What’s really in your skincare?”** eBook.