

# Skin Care Shopping Guide

## Ingredients for Oily Skin

### Look For

- Salicylic Acid
- Benzoyl Peroxide
- Niacinamide
- Glycolic Acid
- Hyaluronic Acid
- Dimethicone
- Sodium Hyaluronate
- Retinol
- L-ascorbic acid (Vitamin C)
- Clay

### Avoid

- SD Alcohol
- Denatured Alcohol
- Tocopheryl Acetate
- Witch Hazel
- Sodium C14-16 Olefin Sulfate
- Sodium Lauryl Sulfate
- Fragrance

## Ingredients for Dry Skin

### Look For

- Polysorbate 85
- Butylene Glycol
- Cocamidopropyl Betaine
- Urea
- Cetearyl Alcohol
- Shea Butter
- Sodium Hyaluronate
- Stearic Acid
- Propylene Glycol
- Glycerin

### Avoid

- SD Alcohol
- Denatured Alcohol
- Isopropyl Alcohol
- Witch Hazel
- Sodium Laureth Sulfate
- Menthol
- Sodium Lauryl Sulfate
- Fragrance

## Ingredients for Normal Skin

### Look For

- Glycolic Acid
- Panthenol
- Sodium Hyaluronate
- Retinol
- Dimethicone
- Hyaluronic Acid

### Avoid

- SD Alcohol
- Denatured Alcohol
- Isopropyl Alcohol
- Witch Hazel
- Sodium Laureth Sulfate
- Menthol
- Sodium Lauryl Sulfate
- Fragrance
- Sodium Chloride
- Menthol

## Ingredients for SPF

### Look For

- Zinc Oxide
- Titanium Dioxide
- Butylparaben
- 4MBC

### Avoid

- Oxybenzone
- Octocrylene
- Butylparaben
- 4MBC

### Sources

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[YouTube.com/Hyram](https://www.youtube.com/Hyram)

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