

Natural Men's Grooming Products

Concerned About The Ingredients In Your Grooming Products? Try These Natural Alternatives

Since you're reading this, you obviously care about what you're putting on your skin. But have you ever given thought to how your skin actually absorbs what you're using (not unlike a sponge), and how what you use can affect your body's internal functions? (A little scary, right?)

Now grab one of your favorite grooming products and read the ingredients. Can you pronounce them all? Do you know their purpose? Most importantly, do you know what could potentially be harmful?

We're here to tell you it's okay. Even the most well-informed guy can get confused by the countless things found in skincare and haircare products. Which is why we turned to New York-based cosmetic dermatologist **Dr. Paul Jarrod Frank** of the 5th Avenue Dermatology and Laser Center for some guidance.

Here, we run down some potentially toxic ingredients (think carcinogens, hormone disruptors, and irritants) you should watch out for, while recommending products free of the icky stuff so you can groom in good faith and, more importantly, good health.

Avoid: Mineral Oil

It's used as a **moisturizer** (think classic baby oil) and an ingredient in them, too. While it may feel really moisturizing, it's not. Dr. Frank says that mineral oil is actually an "occlusive, something that physically blocks water loss." (Basically, it forms a barrier on the skin to prevent moisture from escaping.) In addition, it can clog pores and trigger acne.

Instead, use: Ursa Major Fortifying Face Balm

\$36.00 at Amazon.com [SEE IT](#)

This lightweight, fast-absorbing, multi-tasking balm — you can use it as a daily moisturizer, aftershave, or sunburn soother — relies on natural moisturizers like aloe, sunflower oil, and olive leaf extract to keep skin soft and pimple-free.

And: Skinfix Moisture Boost Serum

\$34.99 at SkinFixInc.com [SEE IT](#)

A few drops of this silky serum instantly replenishes much-needed moisture for even the driest skin. Its proprietary Healthy Skin Lipid Complex™ (with Peony Root and Red Seaweed extracts) tackles a multitude of skin woes, like hyperpigmentation and sagging, wrinkly skin.

Avoid: Parabens

Parabens are primarily used as preservatives in skincare and haircare, to prevent them from going bad. While reports suggest there may be a link between them and breast cancer, Dr. Frank believes they're mostly a risk because people can be allergic to them. Typical symptoms include redness, itchiness, and rashes.

Instead, use: Promise Nourishing Coconut Milk Body Lotion

\$8.99 at CVS.com [SEE IT](#)

Even the most sensitive skin will drink up this naturally-derived blend of coconut milk, cupuacu butter, and aloe vera. And unlike a lot of other body lotions, aloe (not water) is the first listed ingredient, ensuring immediate and long-lasting hydration.

And: Marlowe No. 141 Men's Shave Cream

\$18.99 at Amazon.com [SEE IT](#)

Because so many things can go wrong while shaving (like razor burn, nicks, and cuts), it's important to use a cream that's really hydrating.

This paraben-free formula uses coconut oil and shea butter to cushion your face, so your razor easily glides (and doesn't drag) across your skin.

Avoid: Sodium Lauryl Sulfate (SLS) + Sodium Laureth Sulfate (SLES)

The suds you loved in your bubble bath as a kid came from these lathering agents. While foam might make you feel like you're cleaning your face, body, and hair, you could be doing more harm than good. "They can cause allergic reactions, says Dr. Frank. "They are irritants, and in some people can temporarily aggravate the skin, causing redness, dryness and itching."

Instead, use: Neutrogena Naturals Purifying Facial Cleanser

\$9.07 at Amazon.com [SEE IT](#)

This gentle, but deep-cleansing face wash is ideal for all skin types, especially oily and acne-prone. The willow bark extract naturally contains salicylic acid, which gently exfoliates the skin to help unclog pores and keep pesky blackheads at bay.

And: Paul Mitchell Mitch Double Hitter 2-in-1 Shampoo & Conditioner

\$19.99 at Amazon.com [SEE IT](#)

Help declutter your bathroom with this handy tube. A dollop of this innovative two-in-one product thoroughly removes daily grime, grease, and product build-up, while leaving hair soft and healthy-looking.

And: Pattern Natural Nutmeg Moisturizing Body Wash

\$20.00 at Amazon.com [SEE IT](#)

This unique wash effortlessly multitasks as a mild cleanser for hair, body and face. (Meaning: it's especially great for the gym and travel.) Its warm and subtly spicy scent – created with a natural blend of herbal extracts and essential oils – actually makes washing up a pleasure.

Avoid: Artificial Fragrance

"Artificial fragrances are found in all sorts of skincare, haircare and household products," says Dr. Frank. "They can increase acne infection, skin sensitization and photosensitivity. They can also break down collagen in the skin and cause premature aging." (Need any more reasons to avoid them?)

Instead, use: Yes To Carrots SPF 15 Fragrance-Free Daily Moisturizer
\$14.35 at Amazon.com [SEE IT](#)

Yes, you can have it all with this terrific daytime moisturizer. A single pump provides clean moisture (in the form of natural plant oils and fatty acids), and broad-spectrum physical (as opposed to chemical) protection against the sun's damaging rays. And, of course, there's no fake fragrance to irritate to your skin.

Avoid: Petroleum

While you'll find this in a lot of **skin care products**, you'll mostly find it in an everyday staple: **lip balm**. Dr. Frank warns, "It clogs pores and may be contaminated with toxins. And some studies have found it to be carcinogenic." (And like mineral oil, it's an occlusive.)

Instead, use: Desert Essence Ultra Hydrating Lip Rescue
\$4.96 at Amazon.com [SEE IT](#)

This petroleum-free balm, fortified with emollients like beeswax, shea butter and vitamin E, makes quick work of moisturizing and minimizes the need for frequent reapplication.