



## 5 Harmful Chemicals Present In Your Soap That You Must Avoid

We cannot imagine our lives without soaps; after all, hygiene matters the most. Soap is a staple that is seen in every bathroom, and why not? It keeps our body clean, free from bacteria & germs, and fresh and fragrant throughout the day.

When it comes to buying soap, what most folks look for in soap is different scents, shapes, and colors. The last thing they pay attention to is the list of ingredients. And it is not entirely their fault. They are not all aware of chemicals and their harmful effects on the skin and hair.

Most soaps contain toxic ingredients, which are not good for the skin, and especially the sensitive skin. Today, we have shed light on some harmful chemicals that are present in soaps, but you must avoid them at all costs.

### **Formaldehyde**

The most common chemical found in soap is Formaldehyde. The chemical is capable of weakening the immune system, eventually making the body prone to disease. Its long-term use causes difficulty in breathing, headaches, fatigue, and uneven heartbeat.

### **Dioxane**

Dioxane is not a standalone ingredient, but a byproduct of a process when common ingredients are mixed. That is why you might not find Dioxane in the list of ingredients of your favorite soap. The chemical is present in most of the personal care products in the market. Its short term exposure irritates the eyes, nose, throat, and skin, while long-term exposure leads to liver and kidney disease.

### **Parabens**

Used for preservation, Parabens are a harmful chemical that is not good for the skin. Studies show that long-term exposure parabens cause breast cancer for women. The use of this chemical should be avoided immediately; otherwise, it may cause neurological issues and make the body prone to toxins.

## Triclosan

Triclosan is not a chemical but a pesticide that helps in getting rid of bacterias and germs. While it is included in soaps to kill germs, but it also serves as an endocrine disruptor, which fluctuates the hormonal levels in the body. It also negatively affects the cardiovascular system and immune system, increases asthma and allergic reactions, and lowers testosterone levels.

## Fragrance

The fragrance seems a good word as it triggers good smell and feeling of freshness, but it is not a good chemical for the body. It leads to several medical issues, including nausea, long-lasting dizziness, rashes, headaches, difficulty in breathing, and even depression. Most cosmetic products contain fragrance that is mostly allergens. The fragrance contains a group of chemicals called Phthalates that are used as a solvent and cause damage to the lungs, kidneys, liver, and reproductive organs.

Next time you go shopping for soap, keep this list of harmful chemicals in mind to buy the best for yourself. Instead of wasting your time reading the ingredients, shop for [goat milk soap for sensitive skin](#), and keep you and your family safe from harsh chemicals. Goat milk soap for sensitive skin and normal skin is beneficial for treating acne, bug bites, eczema, and psoriasis. The soap also moisturizes and protects the skin by maintaining the pH levels.