



Women's Health: Hormone-Safe Skincare for Summer

Skin absorbs many substances applied to it. While not all skincare ingredients are harmful, understanding potential hormone-disrupting exposures helps women make informed choices.

Women can take a thoughtful approach to summer skincare by understanding what is in the products they use regularly. Some personal care products may contain ingredients such as certain fragrances, phthalates, parabens, or preservatives that have raised questions about their potential effects on hormone signaling, although exposure and risk can vary by ingredient and product. Reading labels and choosing simpler formulations when appropriate can help reduce unnecessary exposures without sacrificing effective skincare. Consistent sunscreen use and proper hydration remain especially important during the summer months.

01

Is This Your Story?

A woman experiencing sensitive skin reviews her personal care products and simplifies her routine. Skin irritation decreases while maintaining effective sun protection.

02

Try This Today

Measure: Review ingredients in frequently used products.

Do: Simplify one skincare product choice.

Reflect: Ask whether your skincare routine supports both skin and overall health.



Select a plan:

<https://tinyurl.com/healthyu-amaze>

