

The Lavanya Wellness Guide: Decoding Your Skincare Labels

You deserve to know exactly what you're putting on your skin.

At Lavanya Wellness, we believe in skiminalism — fewer, cleaner ingredients that actually work with your skin, not against it. This guide will help you make smarter, safer choices.



How to Read an Ingredients List

The INCI System: Ingredients are listed in descending order of concentration. The first 5-10 ingredients make up the bulk of the product.

If a "hero" ingredient is listed near the end, it's present in a very small amount.

Active vs. Supportive Ingredients:

Active ingredients deliver the main benefits (like Vitamin C for brightening). Supportive ingredients determine the product's texture, stability, and how it feels on your skin.

Ingredients to Avoid

Check your labels for these common irritants and known nasties.

Ingredient Why to Avoid It

Parabens (methylparaben, propylparaben, etc.)

Preservatives that may disrupt hormones and can cause skin sensitivity.

Synthetic Fragrances (parfum)

A major trigger for allergic reactions, irritation, and redness.

Sulphates (SLS, SLES)

Harsh detergents that strip the skin of natural oils, leading to dryness and irritation.

Formaldehyde Releasers (e.g., DMDM hydantoin)

Preservatives that release formaldehyde, a known irritant and potential carcinogen.

Denatured Alcohol (Alcohol Denat.)

Can severely dry out and sensitize the skin, damaging the protective barrier.

BHT (Butylated Hydroxytoluene)

A preservative and antioxidant that can cause allergic reactions.

Greenwashing: Don't Believe the Hype!

Many common marketing claims are unregulated and essentially meaningless. Trust the ingredient list, not the front of the bottle.

"Natural" : Has no legal or standardised definition. A product full of synthetic chemicals can still claim to be "natural".

"Hypoallergenic" : While it suggests a low allergy risk, there's no standardized test to prove this claim.

"Non-comedogenic" : This claims a product won't clog pores, but it's not strictly regulated. Always check the full ingredient list yourself.

"Dermatologist-Tested" : This doesn't guarantee safety or effectiveness. It simply means a dermatologist looked at it. It's a very low bar.



Why Lavanya Wellness is Different

Our products are formulated with your health in mind. We use proven, gentle, and effective ingredients like Kawakawa, Tallow, and Calendula — and we skip the harsh chemicals.

[Visit our shop now for All-natural Skin and body friendly Products](#)

Disclaimer: This guide is for educational purposes only and is not a substitute for professional medical advice.