



FREE PRINTABLE GUIDE

The Clean Label Guide

How to read any skincare label in 60 seconds

Angel OH Botanicals

Handmade clean skincare | Youngstown, Ohio

angelohbotanicals.com

PART 1

What does clean actually mean?

Short answer: there is no official definition. The FDA has not defined or regulated words like clean, natural, or organic on cosmetic labels. Any brand can print them on the front of a bottle.

That is why the most useful definition is a practical one: **you should be able to read the ingredient list and know what each item is.** The front of the bottle is marketing. The back of the bottle is the truth.

The rule of thumb: judge a product by its ingredient list, not its front label. A shorter list is easier to understand and easier to check.

PART 2

How US ingredient labels work

Under FDA labeling rules (21 CFR 701.3), cosmetic ingredients follow a set order. Once you know it, every label becomes easier to read.

1

Most to least. Ingredients are listed in descending order of predominance, so the first ingredient is the one there is the most of.

2

The 1% rule. Ingredients at 1% or less can be listed in any order after the others. A featured ingredient near the end may be present in only a tiny amount.

3

Color additives can be listed at the end, in any order, after the other ingredients.

4

Fragrance can appear as one word, such as fragrance or parfum, instead of every individual scent ingredient.

PART 3

The 60-second label read

Use this every time you pick up a new product, in the store or online.

- 1 Flip it over.** Skip the front and go straight to the ingredient list.
- 2 Read the first five.** These usually make up most of the product.
- 3 Find the hero ingredient.** Is the ingredient on the front label near the top, or near the end?
- 4 Count the total.** A shorter list means fewer things to check.
- 5 Scan for your red flags.** Anything your skin has reacted to before.

The 10-question checklist

Print this page or save it on your phone.

- ☐ Can I read and pronounce most of the ingredients?
- ☐ Is the ingredient on the front label in the first half of the list?
- ☐ Does it list fragrance, and am I sensitive to scent?
- ☐ Has my skin reacted to any of these ingredients before?
- ☐ Is the list short enough to check in under a minute?
- ☐ Does the brand explain what it is for and how to use it?
- ☐ Does it make medical promises? Cosmetics should not claim to treat or cure anything.
- ☐ Is there a way to contact the maker with questions?
- ☐ Do I know how much I am getting (size in oz or grams)?
- ☐ Have I planned a patch test before using it all over?

PART 4

How to patch test a new product

The American Academy of Dermatology suggests testing a new skincare product before using it on a larger area. Here is the simple version:

- 1 Apply a small amount to the inside of your forearm.
- 2 Do this twice a day for 7 to 10 days.
- 3 If you see redness, itching, swelling, or a rash, stop using it and wash the area.
- 4 No reaction? The product is less likely to bother you, though it is never a guarantee.

Skincare during and after treatment

Talk to your care team first. Cancer treatment can change how skin reacts, and your doctors and nurses know your situation best. Ask them before starting any new skincare product, including natural and handmade ones.

Many people choose to simplify their routine during and after treatment so they know exactly what they are using. Fewer products and shorter labels make that easier.

Trusted sources to learn more

- **FDA:** cosmetics labeling and consumer information, [fda.gov/cosmetics](https://www.fda.gov/cosmetics)
- **American Academy of Dermatology:** skin care guidance, [aad.org](https://www.aad.org)
- **American Cancer Society:** skin changes and care during treatment, [cancer.org](https://www.cancer.org)
- **CDC:** breast cancer and survivor resources, [cdc.gov/cancer](https://www.cdc.gov/cancer)

Keep reading on our blog

- [What is clean skincare? How to read a label](#)
- [How to switch to natural deodorant](#)
- [How to use magnesium spray](#)
- [Her October message: screening and gentle self-care](#)

YOUR WORKSHEET

My label check

Print this page or write on it digitally. Use it the next time you shop.

PRODUCT NAME AND BRAND

THE FIRST FIVE INGREDIENTS

INGREDIENTS I NEED TO LOOK UP

MY NOTES AND QUESTIONS

My patch test log

Tick each day you apply it. Write down any redness, itching, or swelling.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10

WHAT I NOTICED



LYNDSAY'S STORY

Beauty from the ashes

Lyndsay Sunderlin, founder of Angel Oh. At 38, one day after leaving the gym, her two-year-old daughter elbowed her chest, and it hurt. She called her doctor the next day and was sent for her very first mammogram. Two weeks later she had it. **Within three weeks, she had a double mastectomy.**

She had always lived a healthy, active life, so she started asking what was really inside the products on her skin. Her first batch of homemade deodorant, which her daughter started using, became Angel Oh: clean, small-batch body care she makes for her four children, her husband, and now for you.

"Angel Oh was born from such a dark thing that happened to me, but it has become such a blessing. It's my beauty from the ashes."

LYNDSAY SUNDERLIN, FOUNDER

→ [Read her full story and see her family](#)

→ [Shop Angel Oh Botanicals](#)

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A THANK-YOU FOR YOU

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CLEANLABEL10

on your first order at angelohbotanicals.com

Our products are cosmetics. They are not intended to diagnose, treat, cure, or prevent any disease. This guide is general education, not medical advice.