

THE *List.*

WELLNESS > HEALTH

Why You Should Consider Avoiding Skincare Products Containing Talc



BY PRECIOUS GIBSON / JUNE 18, 2023 6:30 PM EST

We may receive a commission on purchases made from links.

For years, talc has been used in cosmetic and skincare products. Makeup products such as eyeshadow, foundation, and lipstick have been known to include the substance, as it is meant to make their application smooth. Talcum powder has been around for decades as a moisture absorber and body deodorizer. Many baby powders have incorporated talc in their formulas to help with preventing diaper rash. Though many products in every aspect of body care continue to use talc, some experts are now warning users to exercise caution and know their facts when using items that contain talc.

Melanie Petschke, a board-certified family nurse practitioner and co-founder of Crunchi Cosmetics, spoke with [Harper's Bazaar](#) to urge people to steer clear of all talc goods, including those that claim to be asbestos-free. "Even talc that claims to be asbestos-free is not safe for use, as testing methods used to detect the absence of asbestos are flawed and inaccurate," Petschke explained.

Consult your dermatologist if you need assistance choosing the best and safest skin care products available. They frequently sell particular items that have been evaluated and are free of harmful components in their offices. There is also the option to [stop wearing makeup](#), which also eliminates the risk of using talc makeup products altogether.

READ MORE