

# 7-Free Nail Polish: Why You Should Use It + Top 3 Product Picks

If you're a natural beauty fan, then finding a non-toxic formula for manicures is crucial. Many store bought nail polishes contain harsh chemical irritants and are dangerous when inhaled.

To avoid these toxins, keep an eye out for brands offering 7-free nail polish formulas. If a label says 7-free, the nail polish is made without the seven dangerous chemicals found in most lacquers.

Below you'll find the seven ingredients you should always avoid. We've highlighted why each one is dangerous and followed up with a list of 7-free nail polish recommendations.

## 1. Toluene

Toluene is a liquid solvent that can cause issues when inhaled or when it comes into contact with skin. Aside from skin irritation, inhaling toluene can cause lightheadedness and nausea. It's particularly hazardous for pregnant women because it's linked to birth defects.

## 2. Dibutyl Phthalate (DBP)

DBP is a commonly used plasticizer, but studies are rapidly showing how dangerous it can be. It's been linked to cancer and birth defects in animal studies.

## 3. Formaldehyde

If formaldehyde sounds familiar, it's because it's commonly used as an embalming fluid for dead humans and animals. Inhaling this chemical can trigger asthma and cause irritation. Formaldehyde has also been linked to cancer.

## 4. Formaldehyde Resin

While less dangerous than formaldehyde, this derivative is a potential allergen. It's used in industrial strength coatings and adhesives.

## 5. Camphor

Camphor is a popular nail polish ingredient, but it actually causes direct nail damage. This coating chemical weakens nails and causes yellowing and discoloration. Additionally, it's poisonous when inhaled in large amounts.

## 6. TPHP

This chemical ingredient is used to create flame-retardant plastics. Animal studies show that inhaling TPHP can cause reproductive issues and other health problems.

## 7. Xylene

Xylene is an irritant that causes issues through inhalation or direct contact with skin. Potential side effects range from headaches and dizziness to tremors and comas.

## 7-Free Nail Polish Brands

While these ingredients are very common, you don't have to give up manicures altogether. Some brands offer 7-free formulas that are non-toxic yet truly stunning. A few of our favorite brands are:

### 1. [Pacifica's 7 Free Nail Polish](#)

Pacifica is an excellent budget-friendly pick for frugal shoppers. The brand offers vivid colors and multiple finishes - pearlized, glitter, matte, and more.

### 2. [Flora 1761 Nail Lacquer](#)

The beautiful hues in Flora 1761's collection are inspired by luscious London gardens. From geranium pink to poppy red, you'll find several bright shades that exude elegance.

### 3. [Ella + Mila Nail Polish](#)

Ella + Mia is one of the original 7-free nail polish brands, and the popular line is still going strong. You'll find dozens of colors ranging from subtle to sultry and several glitter-infused top coat hues.

## Final Thoughts

As you can see, harsh chemical ingredients in nail polish pose serious risks. Fortunately, you can avoid these toxins by choosing a 7-free nail polish brand. Use our reference list to find the perfect non-toxic formulas and shades to suit your taste.

