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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Mineral Makeup – Natural Makeup for a Healthier Skin

By Dr Bianca Tavares

Mineral makeup is nothing new. In fact the Egyptians were using it over two thousand years ago.

However it's now back at a makeup counter near you bringing with it freshness, convenience and a much healthier skin.

As a doctor I know what damage some traditional makeup products can cause the skin if worn over time for prolonged periods without adequate cleansing. So the advent of mineral makeup to the cosmetic counters is a major breakthrough in healthy living and skincare.

Mineral cosmetics have their basis in ground-up minerals, including various metal ores and iron oxide. Being natural, they are allergen-free and contain no chemical dyes, added preservatives, fillers, perfumes, oils or talc - or other ingredients commonly found in traditional makeup products.

Mineral makeup contains only pure mineral pigments in concentrated form. Due to their concentration they perform the functions of concealer, foundation and powder – and incredibly all in a single application which binds to the skin so well that very little touch-up is required as the day progresses.

After mineral makeup is first applied - and this can be done very simply with a brush – the skin might appear a little powdery, but after a short time you will find that it is taken up very well by the natural oils within the skin.

And incredibly, you'll find that by nighttime your face will look just as fresh as it did in the morning when the makeup was first applied, without shine or streaks.

Mineral makeup's purity means that it works well with most skin types and you will find that it adds a day-long youthful sheen to your skin. But it also possesses several other benefits:

SUNSCREEN

Mineral foundation powders also contain zinc oxide and titanium dioxide that act as a reflective coating which blocks the harmful effects of the sun. In addition natural forms of Vitamins A and E are regularly added which have anti-oxidant benefits and also help prevent photo aging of the skin.

ANTI-ALLERGY

Since synthetic dyes, perfumes and preservatives are avoided in the composition of mineral makeup, there is little risk of skin sensitivity to the ingredients, resulting in a considerably reduced risk of longer-term allergic reactions.

EASY APPLICATION

Mineral makeup can be applied quickly and easily with a brush or sponge, and when applied to clean moisturized skin, it doesn't smear or run. To immediately do away with the initial powdery effect, all you need to do is mist your face lightly even with ordinary water.

VERSATILITY

Due to its day-long enduring qualities, mineral makeup is not only ideal for those with hectic lifestyles, but it has also found favor in the film and tv industries. Plus, it is often provides a great solution for many with existing skin problems, such as those caused by burns.

Now let's take a look at the cost. If you are used to cosmetic counter prices, you aren't going to be totally shocked. However, you should also consider the savings you can make by using mineral makeup. What would you normally put on your face before venturing out in the morning? After a moisturizer, how about a primer? Then there are concealers, foundation, blusher, creams, powder...

However when using mineral makeup, after using a moisturizer, you'll find that many products which were once a part of your daily regimen, now become totally redundant. So the overall savings could be quite significant. And think about the time saving too!

Modern mineral makeup represents a major advance not only in cosmetics but also in skincare and your overall well-being.

BY DR. BIANCA TAVARES

Dr. Tavares is a medical consultant with wide-ranging experience and interests in both traditional and complementary medicine and health care.

She has a particular passion for disseminating quality medical information to the people who matter - the patients - and acts in an advisory capacity to numerous journals and health related web sites. Her writing about

mineral makeup

can be found regularly at

Makeup Girl's Makeup Tips

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Look Natural - Wear Makeup!

By Mike Yeager

Have you ever considered how difficult it is to look natural? Quite difficult - isn't it? Especially if there had been no makeup available to achieve it! Many-a-website points out how ordinary our glamorous celebrities look in real life without makeup on. No wonder then that they are always on the lookout for innovative makeup supplies. Such demands have seen a virtual makeover for the makeup business much to the delight of a demanding population yearning to look good.

The art and science of good makeup.

Makeup is still an art - supported ably, of course, by science. Gone are the days when good makeup meant just soaps, perfumes and oils carefully selected after word-of-mouth recommendation. Today, your persona comes through in MAC makeup - or was it Max Factor? Take your pick! Show off your gorgeous eyes – wear eye makeup. Impress your peers with a prom makeup worn specially for "the nite". Make a statement with a tattoo or a strategic permanent makeup. Take expert advice - makeup tips are available for the asking. Desist from using chemicals which may harm your sensitive skin - wear mineral makeup instead! Consider this - you don't have to wear stage makeup if you don't need to flaunt your expressions under the arc lights to an audience. Wear makeup - an appropriate one. Or better still; don't wear any - especially if you are among the lucky few who can carry off that natural look - naturally!

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Look Natural - Wear Makeup!

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Natural Mineral Cosmetics: Simplified Application

Permanent Makeup - Important Facts

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