

This Free E-Book is brought to you by Natural-Aging.com.

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

Natural Beauty: What is it really?

By Lori Stryker

Natural Beauty: What is it really? by Lori Stryker

Natural beauty is the ideal many people strive to achieve when they purchase make-up, creams, shampoos and other forms of cosmetics. But what really constitutes natural beauty, and how can it be achieved?

Many consumers, in an attempt to cleanse, tone, moisturize, mattify, shine, colour, enhance and so on, have overloaded their skin and their cabinets with too many needless products. Experts have found that 63 percent of all women complain of having developed 'sensitive skin', and many of these complaints can be traced back to an overcomplicated skin care regimen (Fairley, 2001). In contrast, the needs of human skin are simple. They are cleansing, moisture, nourishment and protection. Skin which suffers from burning, reddening, pimples, rashes and other symptoms similar to these may be caused by or made worse from adverse reactions to the cosmetic products overloading many women's cabinets. Often many of these products claim to alleviate or eliminate the very symptoms they are causing (Begoun, 1991).

When selecting skin care, it is best to choose a product formulated for your skin type. Everyone's skin is individual and varied, but to assist in product selection, and in understanding what your own skin needs, the following skin types have been generalized.

Balanced, which is neither oily nor dry, and similar to the skin type of children.

Oily

Dry

Sensitive, which is a condition involving reddening, burning or rashes when a cosmetic is applied.

Problem, which is prone to acne and breakouts.

Combination, which is most skin, containing oily and dry patches.

Beautiful skin can be obtained by making good choices for your skin, such as using cosmetic products and make-up which are truly natural. Eating a diet rich in vegetables, fruit, water and healthy oils (such as polyunsaturated fats, essential fatty acids found in flax seed oil, olive oil, etc.) all assist in achieving and maintaining healthy skin. Lastly, adequate rest, sleep and exercise also contribute significantly to

Natural Beauty: What is it really?

beautiful skin.

Simple Skin Care Steps:

Gentle cleansing – depending on your skin type or preference, choose a natural soap.

Toning – use a toner which is alcohol-free, infused with essential oils

Daytime moisturizing – light or rich skin moisturizer

Nighttime moisturizing – use facial oils formulated with essential oils

Make-up:

Choose make-up which is made with all natural ingredients and colours, regardless of one's age. All

faces look fresh and naturally beautiful when colours which reflect the earth's vibrant range of hues are applied. Rainbow-like colours, or deep, dramatic shades cannot be obtained naturally in make-up without synthetically derived colours. These colours rarely look natural, are often trendy and go out of style quickly.

Great looking skin does not mean flawless, masked skin. Rather, lets reconstruct our notions of what constitutes 'beautiful skin' and 'beautiful faces', because perfection does not exist in the natural world, nor does it exist in human beings. Computers, cameras, lighting and other sophisticated technologies create "flawlessness", to create an ideal image no one can attain. Instead, beautiful skin and natural beauty is skin that is free from harmful chemicals, hydrated from within and on the surface, fed with balanced nutrition and wise food choices, and regulated with reasonable exercise. A positive outlook on life and an optimistic perspective also contribute to natural beauty, inside and out.

How the organic make-up company Can Help You Achieve Your Own Natural Beauty

Our products are made fresh for you once we receive your order. We do not stock inventory, so our cosmetics do not require powerful shelf life lengtheners or potent synthetic preservatives. The preservatives we use are natural, such as wheatgerm oil, grapeseed oil, tocopherol acetate (vitamin E) and/or ascorbic acid (vitamin C).

While our products do not need refrigeration, our creams, as they contain water, are best stored in a cool, dark place, away from steam, light or unnecessary exposure to the air.

Our packaging is simple, without fancy and unnecessary labels, boxes or inserts. We believe very strongly that the purchasing power of your money should be directed towards a natural, high quality product, rather than wasted on packaging.

We invite you to give our natural products a try. We do not make any unrealistic or unscientific claims, such as anti-aging or wrinkle elimination, which are impossible in any cosmetic. We develop our products based on sound scientific principles and the physiology of the skin. Our products will convince you on their own merit, since they are natural, vegan and an excellent alternative to conventional cosmetics and make-up.

Natural Beauty: What is it really?

If you have any questions, please contact us at www.organicmakeup.ca.

Interested in selling our products? Contact us to discuss how we can assist each other to bring our safe, natural cosmetics and make-up to interested consumers.

References:

Begoun, Paula (1991). *Don't Go To The Cosmetics Counter Without Me*, Beginning Press, Seattle.
Fairley, Josephine (2001). *Organic Beauty*, DK Publishing, London.

Lori Stryker has been researching and developing all natural skin care and make-up for the purpose of offering men and women safe natural cosmetics for everyday use. She brings to her research a specialist in human biology from the University of Toronto, coupled with a professional home economics degree and an education degree from the University of British Columbia, fusing chemical and biological knowledge with food family and textile sciences.

The right Beauty Supplies Will make you look Great!

By Mike Yeager

Use beauty supplies the right way and yours could well be the face that launched a thousand ships! Growing old may be mandatory, but looking it certainly isn't. It's just that one has to do it right. But that's exactly what's difficult. The mind boggles with the onslaught of unending types of beauty supplies, countless makeup and enticing brands. Am I using the right beauty supplies? Am I doing it correctly? What about side effects? Thankfully, makeup tips are not very difficult to find.

Trust the beauty supply expert.

Generally, you can always trust a beauty supply expert. And thankfully, one is almost always available without much trouble. The media abounds with beauty supply tips. And then there are brands that you can trust your skin with. Or use exotic mineral beauty supplies that are a great alternative to chemical beauty supplies. They use natural ingredients and causes less damage to the skin. Over a period of time, the presence of wrinkled skin could make that vital difference between skin that used regular beauty supplies and skin that used natural beauty supplies.

Beauty supplies today not only means enhancing beauty that is skin-deep, it also means preservation of skin nutrition. After all, our skin is the largest organ of our body and needs adequate nutrition like any other organ. Consistent, healthy skin care is the best way to avoid wrinkles, sunspots and premature aging. It will pay off in the end. We spend our hard-earned cash on beauty and skincare. Lets make sure that its main beneficiary is our skin, not skin care product manufacturers.

Mike Yeager
Publisher

Natural Beauty: What is it really?

The right Beauty Supplies Will make you look Great!
Dried Flower Wreaths Keep Nature's Beauty Alive
A thing of beauty is a joy forever! And that can be You!
A Beauty Salon Will Help You Look Your Best!
Pure Truth About `All Natural' Products & Other Beauty Myths

Natural Pain Management
Profitable Crafts Vol 2
Profitable Crafts Vol 1
The Ultimate Rose Garden– Neighbors envy, owners pride!
Online Dating Secrets Revealed!



This Free E-Book has been brought to you by Natural-Aging.com.

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