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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!**

**Natural Mineral Cosmetics: Simplified Application**

**By Sherry Frewerd**

You've seen them, china doll perfect with flawless skin, adorably kissed with dewy fresh makeup

applied with the lightest of touch to impart a glow only an airbrush could possibly contrive. And you know they probably spent three hours on the eye shadow on their left eye, alone.

Shhhhhh - I have a secret. She probably didn't spend more than fifteen minutes, but she had the right tools and the right cosmetics. With Natural Cosmetics, mineral make up made with finely micronized titanium dioxide; you too can have that flawless complexion, dewy and fresh as a sun-kissed daisy on a summer morning.

Natural cosmetics are becoming more and more popular as many cosmetic companies are replacing their regular heavy oil packed liquid make-up with mineral make-up. Mineral makeup lasts longer, is readily available, doesn't leak, and offers a much simpler application process than liquid makeup. Natural cosmetics last all day long, without feeling heavy, weighing you down, or streaking, like liquids. And the very best part, it doesn't take a rocket scientist to apply them in the morning.

It's easy to achieve perfection; just follow these simplified directions:

Start with a clean moisturized face. Dampen your face with a few spritzes of mineral water from an atomizer. Blot with a very soft cloth (do not rub completely dry). Sprinkle a small amount of mineral foundation in the lid of your powder container and swish brush lightly, tap, apply in small circular motions all over face. (Use a feather light touch! You'll need to redip your brush five times for complete coverage.) Apply eye shadow with a foam applicator to contour of eyes. Apply blusher in the hollows of your cheeks, lightly; you don't need much! Dip large brush in translucent powder and lightly blend over face. Use fluffing motion to keep application very light and blending. Apply eyeliner just behind lashes, very carefully over top of eye shadow. Apply mascara to lashes and separate. Apply lipstick with a lip brush and gloss lightly.

You're so gorgeous! Yes, that stunning reflection in the mirror is definitely you delicately touched with color, and china doll perfect.

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Mineral makeup is good for your skin. It allows your skin to breath, absorbing necessary oxygen for youth and refreshment. Natural cosmetics fill up the tiny lines in your skin, cover blemishes, and protect you from damaging sunrays with a high SPF and natural coverage to keep UVA and UVB rays from your skin. Mineral makeup offers many benefits, and you don't get brown liquid foundation on your favorite white blouse.

You can leave your makeup case at home; you won't need a touch up all day. A bit of gloss in your purse and you're ready to go.

For an evening out on the town, a bit of mineral makeup glitter sprinkled liberally across your shoulders and just a hint across your cheeks should dress you up appropriately!

Sherry Frewerd publishes websites on various subjects from recipes to mineral makeup to toddler learning. Stop over to

<http://naturallyoumineralmakeup.com>

for some helpful and fun natural remedies,

tips and product suggestions. Forget the Botox, talk to Mother Nature today!

### **What Is Mineral Makeup?**

#### **By Dave Saunders**

Mineral makeup is the latest thing and it's based on the oldest things. As an all-natural makeup, these mineral-containing makeups are being touted as something that can actually help your skin. There are many cosmetic companies marketing mineral makeups by different names, but all versions of mineral makeup have a common ingredient. They all contain "natural" minerals.

The idea behind "Mineral makeup" goes against the more modern use of artificially created compounds and takes its inspiration from minerals and inorganic pigments that exist in nature. Many people prefer the natural colors of the cosmetics and feel they are supporting better health by limiting their exposure to artificial chemicals which make up the ingredients of most cosmetics. These are generally compounds which the body is less likely to be allergic to and many natural minerals also behave as antioxidants. These minerals, such as mica, titanium dioxide, zinc and iron oxides, and ultramarine pigments and even calcium, can be combined to make every cosmetic from foundation to eyeshadow to shimmer powder for the body.

As with any type of makeup there are some mineral makeups that are expensive and there are some that are inexpensive. But there is no reason to feel you can't afford mineral makeups.

A leading cause of wrinkled skin is the heavy and constant application of makeup. After years of makeup use, your skin loses much of its natural elasticity. This is partially due to a lessening of the

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production of elastin but is also due to a build up of free-radical stress which is very similar to the rust build-up on a car. As human beings evolved, our cells learned to utilize many of these minerals as basic nutrients which support normal cellular function. As many things are absorbed through the skin, many people believe there is a nutritional advantage to using natural compounds as makeup as opposed to artificial chemicals which the cells do not have any use for. Already there are many creams and lotions which are fortified with vitamins and minerals for this exact reason. Instead of waiting for nutrients in our diets to travel through the bloodstream and benefit the cells of the skin, these nutrients are applied directly to the skin so the cells can use them directly.

Whether or not this is true, many feel there is certainly a benefit to not applying artificial chemicals to the skin as they will be absorbed and may enter the blood stream. This can lead to allergic effects and other forms of discomfort to the body.

If you use makeup, a good choice is mineral makeup.

The benefits of mineral makeup cosmetics are advertised to be:

1. Natural look and feel
2. Longer lasting—stays on the entire day
3. Better for sensitive skin
4. Anti-inflammatory
5. No harmful ingredients

Mineral powders are inorganic and contain no moisture. This means that bacteria can not grow and no preservatives are needed. That means no preservatives against your skin, when you use mineral makeup. The minerals in the makeup are also natural sunscreens which protect you from the harsh effects of the sun. More and more people are switching to mineral makeup which is why many top cosmetic companies are developing entire lines of mineral makeup. They understand market demand

and that means you!

Dave Saunders is a published author and certified nutrition and health educator. You can find out more about Mineral Makeup at

[http://www.aboutcalcium.net/What\\_is\\_Mineral\\_Makeup\\_.html](http://www.aboutcalcium.net/What_is_Mineral_Makeup_.html)



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