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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 Skin Care

By Bernard Dozier

The market in beauty products has increased significantly in the last 25 years but in the last 10

years there has been an increasing interest in the ingredients contained within the lotions, creams and potions we apply so liberally to our skin – the largest organ of our human bodies.

Many main stream manufacturers still include a range of not so natural ingredients in their products:

- waste products from the petrochemical industry
- lead and other heavy metals
- products extracted from animal carcasses

Many of these ingredients are given scientific sounding names. While the cynic may say this is a deliberate attempt to confuse the consumer, a more charitable view is that this is done in pursuit of accurate labeling.

As an effect of the heightened awareness of health matters and the confusion concern ingredients and labeling, a new sector of this profitable market has appeared. The necessity for natural skin care and cosmetics.

But just how natural is natural?

Many consumers need natural ingredients but are not prepared to accept the essential compromise in product performance. A classic example is with the ingredient Sodium Lauryl Sulphate. This is a synthetic detergent derived from coconut oil and it appears in a wide range of shampoos, bath products, toothpastes and liquid soaps. It is what gives these products the luxurious bubbles and lather to which we have all become accustomed. A number of reports have suggested that this ingredient is harmful and many consumers now seek products containing an alternative.

Manufacturers then developed Sodium Laureth Sulphate, which is considered less irritating than Sodium Lauryl Sulphate. When this was condemned, Ammonium Laureth Sulphate and Ammonium Lauryl Sulphate were substituted. Once again these are synthetic detergents developed from coconut

oil and they are still considered to be an irritant. Some reports have further suggested they may be carcinogenic.

Unless consumers have knowledge of biochemistry it is almost impossible to discern what ingredients are natural and what are not. The SLS saga is but one example of this confusion.

It is ironic that a number of "natural" manufacturers aggressively promote their products by denigrating the products of competing companies – despite the fact that the ingredients they contain are essentially the same.

Consumers need to make themselves aware of the real meanings behind the mysterious names on their cosmetic bottles and jars and educate themselves about the various aliases they are likely to encounter.

Depending on the reasons for wanting to buy natural products, some ingredients may be more acceptable than others. Take Lanolin for example. Lanolin is extracted from the fleece of sheep. It has been shown to contain a large number of chemicals used to kill parasites that may live on the sheep. Many eczema sufferers find that treatment with lanolin-based products – despite the chemicals – helps to reduce symptoms. The advantages of Lanolin treatment outweigh the disadvantage of potential contaminants. This is a value judgment that persons will need to make.

Of course, one of the best ways to ensure that your products are natural is to make them yourself. There are a growing number of companies providing organic based ingredients to facilitate home manufacture of products. Natural cosmetics are surprisingly easy to make in the home using nothing more than regular kitchen equipment. This may be an alternative worth checking-out.

Bernie Dozier writes articles on many topics including Health, Hebal, and Beauty

<http://herbal-health-beauty.com/>

Acne Skin Care Tips

By Paton Jackson

Some basic tips can help you to gain control over your acne.

Acne skin care is no easy thing. For most people it is very challenging. Sometimes, acne lasts only through puberty and once those crazy adolescent years have past, things just get easier. Your face clears up and you don't really worry about acne. But, that does not mean it goes this well for everyone. For many, acne will last well into their 20's, 30's and even beyond. And, for that there is a need for acne skin care tips like these.

Tips You Can Use Now

Natural Skin Care

1. Find an effective skin care regimen and cleanser. There are many out there that are both natural acne treatments and those that are chemical in nature. The fact is that in order for your skin to heal, the bacteria on it will need to be cleared up. You will need to insure that your acne products will do this.
2. Use exfoliating acne skin care products. By exfoliating, you are removing the dead skin cells on your skin that are literally feeding the bacteria on your face. As disgusting as it sounds, getting rid of them through exfoliation is critical to getting rid of the acne.
3. Use natural acne skin care products as well. These will be found on the web and can provide you with the most fundamentally solid way of treating acne in a natural way. Have an arsenal of good quality natural skin care products can give your body what it needs to fight off bacteria and to heal.

Getting Acne Skin Care Training

You may be thinking that acne skin care training sounds silly. The fact is that if you have the necessary knowledge to fight off your acne infections you will be more likely to make it work for you. So, before you head off to make a purchase of some costly acne medication, learn why they will work or maybe even why they may not. There are many out there that may be able to provide you with just what you need in acne skin care.

Our experts have executed a research to find the best acne treatments. Find the results only on

<http://www.tigilet.com/c/Acne.php>

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