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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!

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 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

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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 laster—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 helath educator. You can find out more about Mineral Makeup at

http://www.aboutcalcium.net/What_is_Mineral_Makeup_.html

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!
Mineral Makeup – Natural Makeup for a Healthier Skin
Natural Mineral Cosmetics: Simplified Application
Mineral Supplement
Where To Get Deals On Makeup

The Power Of Laughter
Vintage Crochet Patterns Bridal
See-Thru Guide for Cameras



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