

GREEN YOUR BEAUTY ROUTINE



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Most of us accept the old adage “you are what you eat,” and understand that what we put *in* our bodies has an impact on our overall health. We should also be aware that what we put *on* our bodies also affects our health. Our skin is our largest organ, and the products we use – from toothpaste, to shampoo, to lotion and makeup – all get absorbed by our bodies and go into our bloodstream. The average American woman exposes herself to more than a hundred different harmful chemicals every day during her beauty routine! And while many of us have made the shift to eating organic and avoiding processed foods, when it comes to our cosmetics, most are unwilling to skimp on performance in exchange for healthier products. The good news is that natural and organic beauty products are becoming more and more advanced, so you won’t have to skimp on luxury or efficacy. Here’s a guide to some of the best natural and organic products out there. You’ll get the results you demand, and we promise you won’t miss the harmful chemicals.

SKIN CARE

Pangea Organics

Often it’s what’s not in your cosmetics that matters most. Aside from boasting organic ingredients, Pangea Organic’s products are made without any petroleum, sulfates, detergents, synthetic preservatives, artificial colors or fragrances, or GMOs. We love the Nigerian Ginger, Sweet Lavender & Thyme Facial Cream. It provides the perfect amount of hydration while giving the skin a soft, matte finish, so you won’t look greasy or shiny. Pangeaorganics.com.



Eminence

Some beauty companies go “green” beyond their ingredients. Eminence uses solar and wind energy, composts, and uses post-consumer recycled materials for their packaging. Their Stone Crop Gel Wash is a fantastic facial cleanser that is made with 100% organic ingredients. It’s gentle enough to use around the eyes and won’t strip your skin. Dermstore.com.

HAIR CARE

Phyto

A pioneer in botanical hair care since the 1960’s, Phyto made natural products long before it was trendy. Their highly concentrated plant-based potions are sulfate and silicone-free, and are packaged in eco-friendly aluminum packaging instead of plastic. Phytokeratine is their newest range of products for the treatment of weakened and damaged hair, and includes a reparative shampoo, conditioner and serum. They promise results after 4 weeks of use, but we saw a difference in our hair after one treatment. Phyto-usa.com.



Steam Creams & Oils

Treat your scalp with 100% natural Jojoba, Pomegranate, Acai, and Moringa oils to balance and moisturize your scalp. Available with 2 different essential oil blends for a different aromatherapy experience. Choose Steam Scalp Oil #1 for a citrusy floral with Orange, Rose, Mandarin and Ylang Ylang. Or, try Steam Scalp Oil #2 for an earthier experience with Sandalwood, Frankincense, Black Pepper and Jasmine. Dermstore.com

SUN CARE

Coola

Sunblock is an important daily ritual for fighting skin cancer and the visible signs of aging, but most sun care products are chock full of chemicals. Coola saves the day with their Vegan 75% Organic, 95% Natural Face SPF 30 Matte Finish Cucumber Natural Mineral Sunblock. This broad-spectrum UVA/UVB block is hydrating, water-resistant, has a fresh cucumber scent, and a silky, matte finish. Coolasuncare.com.



MAKEUP

PlantLove by Cargo

The average woman will eat seven pounds of lipstick over the course of her lifetime. Turn down the ick factor by making sure your lip products are organic. PlantLove by Cargo offers lipsticks and glosses that are made with ECOCERT™ certified organic ingredients, all encased in a bioplastic package, so it’s better for your health and for the planet. Dermstore.com

Nicole Cardi, Vice President of bioplastics manufacturer Cereplast, has a passion for all things green – especially beauty products, having spent over 15 years working in the cosmetics industry. For more eco-beauty tips, email Nicole at greentips@cereplast.com.