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## The Benefits of Natural Skincare

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There are many natural, chemical-free and completely organic skincare products that you can buy for not



much more than normal moisturisers. The skin is the body's largest organ, meaning that what you put on it really does matter. No spot creams, anti-wrinkle, day or night balms will make an ounce of difference if what you are rubbing into your skin is, in reality, a concoction of chemicals.

David Suzuki has come up with the twelve chemicals to avoid in skincare. Using this helpful guide, I'll take you through some very popular skin care products whose ingredients shockingly include many of these damaging substances.

Clean&Clear and Vaseline were particularly bad offenders. Parabens, Parfum, Sodium Laureth Sulfate and many more harmful chemicals were found in their skincare products:

Clean&Clear Morning Shine Control: Sodium Laureth Sulfate,

Clean&Clear Morning Energy Skin: Methylparaben.

Clean&Clear Dual Action mMoisturiser: Methylparaben, Ethylparaben, Propylparaben.

Clean&Clear Morning Energy Skin Brightening: Methylparaben, Propylparaben, Parfum.

Clean&Clear Morning Energy Cleanser: Propylene Glycol, Parfum.

Simple Hydrating Light Moisturiser: Methylparaben, Propylparaben.

Simple Moisture Boost Hydro-

Cream: Petrolatum, Methylparaben, Butylparaben, Ethylparaben, Isobutylparaben, BHT.

**Warning:** Vaseline's range do not make the ingredients for their skincare products clear whatsoever. They

have a glossary page where many of the ingredients are in the twelve chemicals to watch, especially in their petroleum-based lip balms.

### **How beneficial are “extracts”?**

Many brands such as Radox take full advantage of having plant and fruit “extracts” in their products. However, it is essential to remember that these extracts are usually minute drops of would-be beneficial products. And two drops of green tea, avocado or almond oil is not going to do anything positive for anyone.

Instead of this endless brew of harmful substances, and the notable lack of beneficial, naturally occurring ones, there is another way. Buying moisturisers and cleansers which are completely naturally occurring is kind of revolutionary. Many think of this skincare as slightly questionable, less-effective and expensive. However, I have found that it has been far from it.

### **Akamuti Olive & Avocado Night Cream**

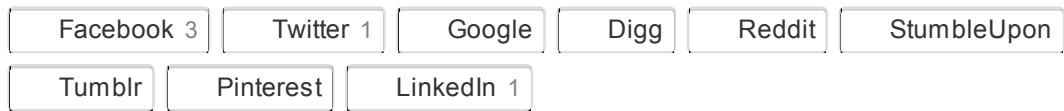
This is the first all-natural beauty product that I’ve tried, and I certainly haven’t regretted it. I have very dry skin that is prone to breakouts, and have always struggled to find the perfect moisturiser for my skin. Many of the products I tried before have left my skin even drier than before, so this is the first moisturiser that has actually worked for me!



The only ingredients in this nourishing moisturiser are hazelnut oil, avocado oil, organic extra virgin olive oil, organic beeswax, tangerine essential oil, chamomile essential oil and frankincense essential oil. As long as you store it in a dark, dry place, it will last you for two years, and these all natural ingredients will make you thoroughly pleased with your purchase and your skin.

Avocado oil has many antioxidants, like vitamins A, D and E, which help improve the skin’s elasticity and nourish dry and ageing skin. It also contains sterolin which reduces the likelihood of age spots and contains as many fatty acids as found in fish oil. Extra virgin olive oil is also incredibly good for dry skin and will nurture any skin that’s sun burnt or has had too much exposure to central heated or air-conditioned rooms. Chamomile oil is soothing and extremely nourishing, so you find that these products all mixed into one make for a wonderful moisturiser.

The one thing I’d say is that this is a night cream for a reason, don’t moisturise with this during the day because it takes some time to sink in. If you are prone to greasy skin, use very sparingly, as only a little of this is enough to enrich your skin. As mentioned previously, less is always more, so don’t use each night. For best results, I’d use twice to three times weekly in order to allow your skin to breathe for the rest of the week.



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