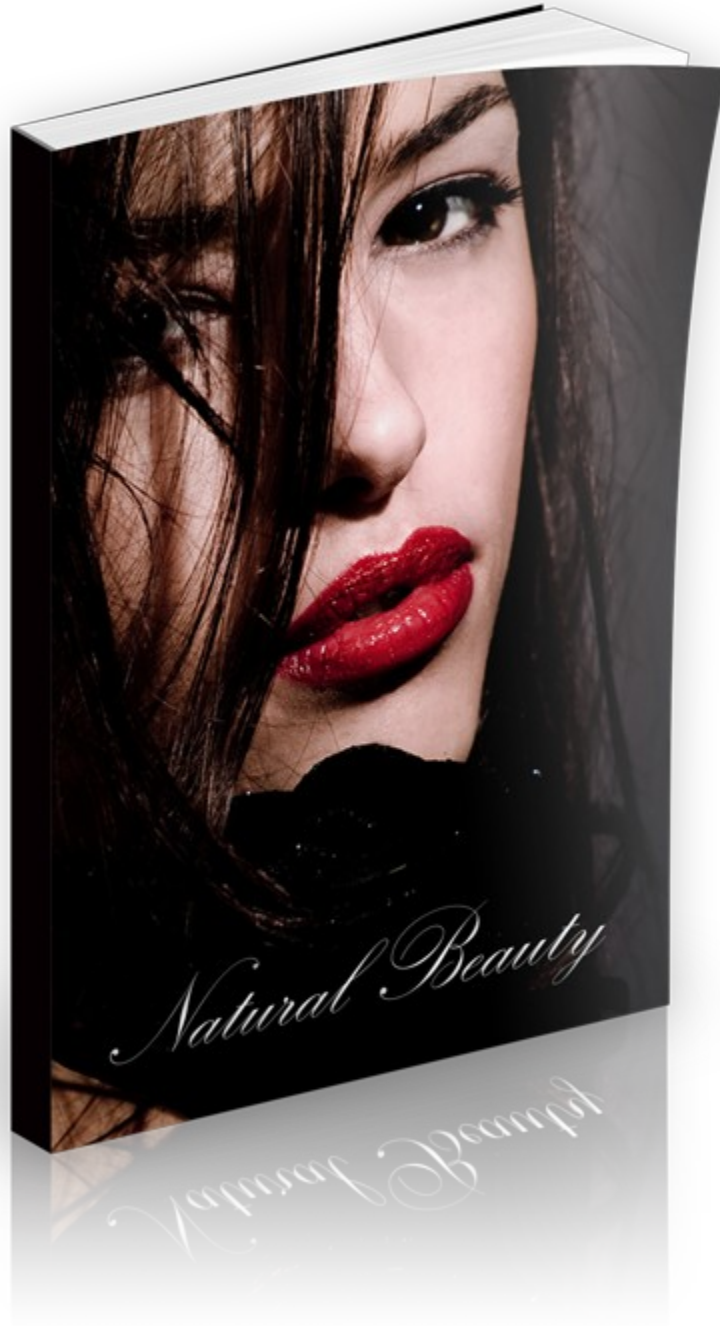


Natural Beauty



Natural Beauty
By Your Name Here

Natural Beauty

Legal Notice

The author and publisher of this report and the accompanying materials have used their best efforts in preparing this report. The author and publisher make no representation or warranties with respect to the accuracy, applicability, fitness, or completeness of the contents of this report. The information contained in this report is strictly for educational purposes. Therefore, if you wish to apply ideas contained in this report, you are taking full responsibility for your actions.

The author and publisher disclaim any warranties (express or implied), merchantability, or fitness for any particular purpose. The author and publisher shall in no event be held liable to any party for any direct, indirect, punitive, special, incidental or other consequential damages arising directly or indirectly from any use of this material, which is provided "as is", and without warranties.

As always, the advice of a competent legal, tax, accounting or other professional should be sought. The author and publisher do not warrant the performance, effectiveness or applicability of any sites listed or linked to in this report. All links are for information purposes only and are not warranted for content, accuracy or any other implied or explicit purpose.

Contents

An Insiders Guide to Natural Skin Care
Benefits of Natural Beauty Secrets
Discover the Truth about All Natural Beauty
Discover the Truth about Raw Natural Beauty
How to Choose the Right Skin Care Products
Natural Beauty Tips to Help You Look Your Best
Proven Techniques for Natural Health and Beauty
The Benefits of Professional Skin Care
The Professionals Guide to Sensitive Skin Care
Where to Find the Latest Skin Care Information
An Insiders Guide to Natural Skin Care
Case Study - Hydroderm vs Other Skin Care
Discover the Truth About All Natural Health and Beauty Products
Discover Tips About Natural Beauty Products
Learn How to Make Natural Beauty Products at Home
Proven Skin Care Tips to Keep You Looking Young
Simple Safe Acne Anti Aging Skin Care
The Best Natural Beauty Recipes
What You Need to Know About Organic Skin Care
Why You Should Try All Natural Skin Care Products

Natural Beauty

An Insiders Guide To Natural Skin Care

Natural skin care products may be the answer if you are concerned about the chemicals in most commercial cosmetic products. Some of these chemicals may be toxic enough to actually accelerate the aging process, which is the opposite of what you are trying to accomplish with your skin care. Even in these days of increased regulation and consumer watchdog groups, there are a number of new products introduced each year that still contain damaging chemicals.

Almost nine hundred toxic chemicals have been found in commercial cosmetic products by the National Institute of Occupational Safety and Health. The Cancer Coalition has stated that cosmetic and personal care products pose a higher threat of cancer than even smoking cigarettes. Compounding the problem is the vast amount of incorrect information distributed by marketing departments to attract new customers.

Everything that you put on the surface of your skin is absorbed into the pores and gets into the bloodstream. The circulation of the blood distributes the toxins throughout the entire body, causing damage to internal organs as well as the skin. Since all of these products enter your body, you should analyze the labels on your cosmetic products the same way you would with labels on food. Of course, choosing only natural skin care products eliminates the problem of toxins altogether.

Once the toxins get into your bloodstream, it forces your body to work much harder than usual in an effort to get rid of them. The liver is responsible for most of this clean up, but it can only handle so much before health problems will set in. The liver is a key part of the body's immune system and should be treated with care. Liver problems can cause major health issues such as auto-immune diseases, asthma, continual infections, and allergies.

Using natural ingredients can avoid these toxicity problems. The body recognizes natural skin care products as organic matter to be processed, not as a toxic threat that must be eliminated. Many of these products are made out of plant matter which contains the same basic vitamins and minerals as the ones already present in our bodies. Synthetic chemicals may be seen by the body as toxic and the immune system will react against them.

You can exfoliate with a gentle material such as crushed oatmeal, table sugar, or baking soda. Make exfoliating a regular part of your daily skin care routine and you will see much more life and bounce in your appearance. Other natural substances that may be useful for skin care include honey, egg whites, olive oil, bananas, and avocado. Be creative and use some of the common items you have in your kitchen to give you softer, smoother skin.

How do you know which natural skin care products are actually safe? Some products are labeled as "100% natural" when they still contain chemicals and toxins. The only way to

Natural Beauty

be completely sure is to look at the list of ingredients on the package. Dyes, fragrances, and synthetic preservatives can all be found in these "natural" skin care products.

Benefits of Natural Beauty Secrets

Women everywhere around the world are literally dying to know natural beauty secrets. As women go under the knife for one plastic surgery after another, they risk their lives and their bodies in an attempt to appear naturally beautiful. Little thought is given to how a botched surgery can affect them or their loved ones down the road. All they can think of is this unrealistic image of what's considered beautiful that they have in the heads thanks to the media and advertising.

The truth is, natural beauty secrets are not really all that secret. Everywhere a woman looks, she can find all natural ways to become someone that is truly beautiful instead of trying to imitate a digitally airbrushed and otherwise changed photograph from an ad in a magazine. A couple of the biggest secrets entail nothing more than loving yourself for precisely who you are, perceived imperfections and all.

There are so many benefits of natural beauty secrets. If you make the decision to love yourself for exactly who you are and make an effort to do so daily, your self confidence will soar. If you are happy with who you are, you will be a happier person.

If you're a happier person, your interactions with others will be more pleasant. If you treat others more kindly, they will also be happier. The world could literally be a better place if women decided to love themselves; instead of aspiring to be something no normal woman could ever be.

Everyone wants a better quality of life. For some women, they feel that if they just looked like that model or such-and-such celebrity, they would have everything they could possibly want and more. They feel that sort of beauty will open doors for them. In reality, while beauty might open a few doors, those doors will quickly be shut if you're ugly on the inside. A woman who is dedicated to getting what she wants and feels she deserves will go much farther in this world than one who relies on her good looks alone.

Another benefit of the natural beauty secret of being happy with who you are is, at the end of the day, when all is said and done, you only have yourself. If you don't like yourself as a person, you can't expect anyone else to like you, either. While some may immediately be drawn to you because of your perceived beauty, they will quickly leave once they realize how poisonous your personality is. You'll wind up alone, with only a mirror for company.

Stop letting others dictate what you should wear, how you should look, or how you should act! Don't let people who don't even know you tell you what to do with your life and body! The media and advertising executives don't know who you are. They don't

Natural Beauty

even know you exist. Make the choice to do what's best for you. That is the real natural beauty secret.

Discover the Truth About All Natural Beauty

All natural beauty is something many women want but few know they have. Instead, they get expensive surgeries done, literally risking their lives in the pursuit of a beauty standard that is not only unrealistic but is completely unreal. They use beauty products that damage their skin and hair and ultimately wind up in landfills when they don't have the promised effects. Women are hurting themselves and the environment all in an effort to be beautiful.

Fortunately, there are many different ways women can achieve the all natural beauty that they so desperately want and deserve. Some of these ways are exceptionally easy to incorporate into a woman's everyday life. Some of them may be a little bit trickier for some to get used to doing everyday but once fitted into a woman's daily habits, they will be easy to maintain for a lifetime.

The first step to all natural beauty is to stop idolizing the models you see in magazines or on billboards. Stop looking to female celebrities and comparing yourself to them. Nearly all advertisements in magazines, billboards, even head shots used in portfolios, have been touched up in one way or another digitally to get rid of wrinkles, acne, or other unsightly blemishes. No woman can ever live up to how a model looks in a photo because the photo simply isn't real.

Next, women everywhere need to realize how beautiful they already are. Everyone has flaws or imperfections that they don't like about themselves; even models and celebrities. You need to quit focusing on where you think you don't measure up and instead focus on things you like about yourself. For some women, finding things they appreciate about themselves can be a difficult task. Recruit friends and loved ones to tell you what they like about you. You don't have to restrict yourself to looks, either.

Which leads to the next truth about all natural beauty: it comes from within. It may sound very cliché but the phrase has existed for a long time for a reason. Beautiful personalities, feeling confident in yourself without being cocky, helping others, and honestly caring for those around you will make you a truly beautiful person. People with picture perfect bodies but who have ugly hearts and souls may lead a charmed life on the outside but on the inside; things aren't as lovely.

Because they are so mean and hurtful to those around them, they drive people away from them, and wind up alone in the end.

Surround yourself with people that are truly beautiful from the inside and you will not only be happier but you'll stop turning to a Hollywood standard that even models and celebrities can't live up to. Don't be tempted to turn into a plastic person through plastic surgery or other extreme measures in order to be a fantasy version of someone

Natural Beauty

who doesn't know you exist. The truth about all natural beauty is in understanding the beauty within.

Discover the Truth About Raw Natural Beauty Products

Raw natural beauty products are known for three things: safety, performance, and prestige. The company's goal is to provide high-end skin care products that are also safe for your skin and the environment. In the past, this was thought to be impossible, as natural products were known for their low quality. This is not the case with Raw's new line of natural beauty products.

Most cosmetic companies that produce natural skin care items are only concerned with making sure the product is as natural as possible. Performance and style are often overlooked in an attempt to be authentic. Raw Natural Beauty combines performance with practicality and shows that an organic brand can also be a high-end luxury product.

Raw natural beauty products were developed after extensive market research into what women really wanted from their cosmetics. The overwhelming response was that they wanted performance and quality over all else. Price was important, as were natural ingredients, but these factors are moot if the cosmetics do not perform adequately. So, not only are Raw's natural beauty products designed to outperform the rest of the natural cosmetics market, they are also intended to compete with traditional, commercial cosmetic products.

The natural beauty niche has had a bad reputation as low-end, homemade products using items from the kitchen. Raw Natural Beauty shows that it is possible to create effective products out of natural ingredients without losing performance. This performance comes as a result of even more research, this time into new ingredients from around the world that can be used to improve the products.

Natural Beauty line contains these exotic, natural, active botanicals clinically proven to improve the skin over time. This is something I have not seen yet from any other brand, natural or not.

In seeking out these ingredients, Raw natural beauty further demonstrates its commitment to the environment and green business practices. They only use suppliers who practice sustainable agriculture to minimize the environmental damage caused by the production of their cosmetics. Vendors who are frequent donators in their community and support fair trade practices are also looked upon favorably when deciding where to purchase supplies.

Safety of ingredients is also a top priority for Raw Natural Beauty. In fact, most people would say that it's the ingredient safety that leads them to purchase a natural product over a mainstream cosmetic product. However, natural does not automatically mean an ingredient is safe, so Raw takes it a step further and tests each and every one of its ingredients against a national safety rating database.

Natural Beauty

Raw Natural Beauty has also signed off on the Compact for Safe Cosmetics, which cements their commitment to using only safe ingredients that are not known to be toxic. Whatever is put on the surface of the skin is eventually absorbed and metabolised by the body, so it is very important to use only safe skin care products. With all of their safeguarding and testing, you can be sure you are getting only the best ingredients from Raw Natural Beauty.

How to Choose The Right Skin Care Products

The right set of skin care products can show the world that you care about your appearance and what you use on your skin. After all, your face is the first thing people see when they meet you, so you want to look your best. Here are some things to look for when trying to protect your skin.

Simply washing your face with soap alone is not sufficient daily skin care. Soap may clean up some of the oil and dirt on your face and may even open up some pores, but it does nothing to moisturize or condition your skin. In addition to your normal daily routine of washing with soap, add in some quality skin care products to protect and soften your skin.

There are a number of facial care products on the market to choose from. Always use a facial cleanser instead of regular bar soap because body soap can dry out the face and will not give you any of the moisturizing properties of a good cleanser. Specially designed cleansers can be used for treating oily or dry skin, soothing sensitive skin, removing acne, or cleaning off cosmetics. Facial cleansers are available in different varieties, such as liquid, foam, cream, or gel.

You can also find a selection of face lotions in any line of skin care products. These are usually much lighter than the heavy body lotions because they must moisturize while also controlling oily skin. Many of these lotions also give you other benefits like tanning, wrinkle prevention, or sunblock. These are all important if you want to protect your youthful appearance and stave off wrinkles.

Always take care of your face each day, starting off by cleansing to remove built up dirt and oil. This will make sure your pores stay open and clear, preventing acne. The proper skin care products can help you get rid of all that accumulated dirt, oil, and pollutants from the air that may have built up on your face. Leaving this untreated may lead to more serious skin problems or even infection if the build up is too great.

Specialized skin care products are also available to deal with conditions like eczema, blackheads, and whiteheads. There are wipes, pads, gels, creams, foams, and more that are all individually designed to handle a certain skin condition. To clean out the pores overnight, you can get a facial mask that hardens on the skin and peels off with all of the

Natural Beauty

impurities. Check the instructions that come with the product as some require the mask to be rinsed off and others simply can be peeled off.

For more luxurious skin care treatment, you can go to a spa for a full-service facial. In addition to facial services, most spas offer body massages and saunas so you can also unwind and reduce stress. While these high-end services may be expensive, you can usually get a basic facial for a reasonable price at most spas. Also, a quality spa should have the latest in skin care products for you to purchase for your own home use.

Natural Beauty Tips to Help You Look Your Best

Let our natural beauty tips help you look beautiful without all those toxic chemicals found in today's cosmetics. It is possible to achieve a healthy, vibrant appearance using only natural ingredients. You'll look better and feel better because you do not have all those heavy cosmetic products on your skin.

Natural beauty refers to a vital and healthy look for your body, hair, and skin. Living an overall healthier lifestyle is the first step to refreshing your appearance. Take care of your body from the inside out before attempting to fix skin problems with surface treatments like moisturizer or makeup. Many times, a simple lifestyle change is all it takes to completely revitalize your look.

Make sure you are eating right and are getting enough vitamins and minerals each day. Add a multivitamin to your morning routine to ensure that you are receiving all the nutrients your body needs. Eat plenty of fruits and vegetables and try to avoid excess fats, sugars, and processed foods. Healthy food for your body will show through in your appearance as your skin clears and becomes more moist and supple.

Exercise is probably the most powerful of any of the natural beauty tips. Regular physical activity improves blood flow to the skin, giving it a fuller, more colorful look naturally. Of course, exercise will also help you stay trim and looking good all-around. On top of the benefits to your appearance, working out on a regular basis will keep your internal organs and heart healthy, along with preventing some cancers and extending your life.

The next in our list of natural beauty tips is to always keep yourself hydrated. As skin dries out, it becomes inflexible and more susceptible to wrinkles. Instead of applying heavy moisturizing cream externally, try drinking more water to provide moisture from the inside. This is a far healthier and natural solution to the common problem of dry skin.

Even if you still want to wear some cosmetics, there are natural beauty tips that can help you. Start off with either a sheer foundation or a slightly tinted moisturizing cream. Use a damp sponge to apply the cream so you get coverage all over your face without too

Natural Beauty

much cosmetic buildup. This shows off your healthy-looking skin, but will also cover up any blemishes or marks without being too heavy or obvious.

To avoid leathery, dry skin, stay out of the sun whenever possible. The UV rays from the sun will dry out your skin and cause it to wrinkle prematurely. If you must go out in direct sunlight, be sure to wear sunscreen that is rated SPF 15 or higher. Hats, sunglasses, and umbrellas can also help protect you when you are out in the sun.

As you can see it does not require chemical-filled cosmetics and makeup to look great. There are many ways to enhance your appearance without resorting to artificial products. Following these natural beauty tips will get you on your way to a healthier, more radiant appearance.

Proven Techniques for Natural Health and Beauty Recipes

The green movement and global warming have people everywhere in search of natural health and beauty recipes. As more and more people discover these all natural recipes, more and more people decide to make them at home instead of spending the money to buy similar products from the various beauty and health stores. Who can blame them? These sorts of products tend to be more expensive than their toxic counterparts. If you make them at home, you 'll save money and the environment.

Part of the problem is, as most people embark down the path of making natural health and beauty recipes, they have little to no experience in making them. People can then become discouraged and give up trying to make them at home, finding it easier and cheaper to just go back to their old, planet destroying habits. Before you throw in the towel, there are several techniques that can help give a successful result on any of the recipes you try.

Actually the first thing anyone should do when deciding to make any of the natural health and beauty recipes they find is to do some research. The internet is a great resource in learning about the ingredients used in the recipes and where to find them. You can also find tips and tricks from people who have made the recipe before, allowing you to learn from their experience and mistakes before you attempt to make it yourself. Why learn the hard way and make your own mistakes when you can learn from someone else 's?

Next, you 'll want to purchase a good reference book on natural health and beauty recipes. It 's not always possible to hop on the internet and look up the information you need when you 're right in the middle of creating something. A good reference book is also great for researching any particular ailments that might spring up on you suddenly. Having one on essential oils is a must since essential oils are used quite frequently in these sorts of recipes.

Since quite a few natural health and beauty recipes are cooked much like regular, food recipes, you 'll want to purchase separate cook wear that will be used when you make your beauty recipes. Some ingredients can do wonders for a complexion but cause serious problems if ingested. It can be hard to get a pot completely clean and free of any

Natural Beauty

essential oil or plant residue once it's been used for a beauty recipe. You'll avoid the likelihood of cross-contamination all together if you simply use different cook wear for different things.

When you're ready to make one of the beauty recipes, gather all of your ingredients and the recipe together, much like when you cook normally. Make sure you keep your work area clean and wipe up any spills immediately. Have whatever containers ready that you plan on storing your creation in. Natural health and beauty recipes aren't hard to do. They can be a lot of fun!

The Benefits of Professional Skin Care

You can get a variety of professional skin care products just about anywhere these days. It used to be that you were limited to only the selection of products at your local spa, but now there are quality skin care products at the pharmacy or health store, along with a number of outlets online. You no longer have to pay expensive spa fees just to get the products you need.

Along with the expanded choice of retailers, there is a vast array of professional skin care products available. You can choose an entire product line to cover all of your personal care needs or just select single products as you need them. There are also more organic and natural beauty products on the market now than ever before, so you do not have to use chemical-based skin care products. Some products have blended the natural with some synthetic substances, trying to avoid using the most toxic chemicals.

Many of these products can be purchased over the counter with no prescription, but some of the stronger items may require a prescription from a dermatologist. These products are usually a stronger concentration that is meant only for certain skin problems. They must be restricted because they may cause damage to people who do not have that particular condition. Some of the more common prescription products are used to treat acne, discoloration, and premature aging.

Of course, if you do need a prescription product, you will have to make an appointment with a dermatologist. A qualified dermatologist is the best person to decide if you have a severe enough skin condition to warrant treatment with professional skin care products. If he does determine that you have a problem, the dermatologist can suggest certain products that will be best suited for that specific skin condition. The doctor can also advise you on the safe use of all cosmetic products, including warnings specific to pregnant women.

Any professional skin care product you buy should come with an instruction booklet and warnings. A good dermatologist will also verbally warn you of any side effect and should explain how to use the product correctly. Always follow the doctor's instructions or ask the pharmacist if you have any questions about how the product should be used or how much to use.

Natural Beauty

Although all professional skin care products come with their own instruction leaflets, your dermatologist should be able to verbally repeat product instructions and warnings. A good doctor will always warn you if you should expect some side effects. He can also tell you exactly how to safely get the most out of your product. You should also check with your doctor to make sure there are no adverse reactions with any other medications or products you are currently using.

The expansion of the skin care industry has brought many high-end products to the consumer. You may now be able to find your skin care solution without having to see the dermatologist. Of course, be careful when purchasing your own products without a doctor's guidance as there may be side effects or interactions. Always do your research to make sure you are getting the right type of professional skin care products.

The Professionals Guide To Sensitive Skin Care

Sensitive skin care is a challenge for many people, especially those living in difficult climates. There are certain external conditions that should be avoided, as should the chemicals in most commercial cosmetic products. How do you know if you have sensitive skin? Here are a few factors to consider when deciding if you need specialized sensitive skin care products:

- * Do you break out or have redness after being exposed to environmental stressors like shaving or weather?
- * Do you have tingly or tight skin with no other explanation for it?
- * Have you noticed any dryness, irritation, or redness on your skin?
- * Does your skin react adversely to household cleaning products or cosmetics?
- * After answering the rest of these questions, has your dermatologist ruled out any other skin conditions that could be causing the problem?

Sensitive skin can be even more challenging to deal with in adverse weather conditions. If you live where the weather is extremely cold or hot, you may need to use sensitive skin care products to protect yourself.

Thin skin is generally more sensitive than thicker parts of the skin simply because there is less protection between the blood and the outside conditions. The capillaries are closer to the outside of the skin when it is thin, so the skin becomes sensitive to cold, heat, and wind. Sensitive skin also is more susceptible to sunburn, so wear a higher SPF sunscreen if you much go out in the sun.

Avoid harsh washing products like loofahs, brushes, or cleansing stones. You want something soft to take care of your sensitive skin, not an abrasive brush that will further irritate it. Do not use exfoliants because they may be too rough for your skin and cause inflammation when used.

Natural Beauty

Stay away from any strong chemicals in your skin care products. Fragrances and dyes in particular may irritate sensitive skin, so look for hypo-allergenic or organic products whenever possible. Use liquid cleansers as they are usually easier on the skin and will not cause the same allergic reactions. Hard-milled soaps also work well for sensitive skin care.

Antibacterial astringents are another key component of a good sensitive skin care program. They come in both cream and lotion form and are used to protect your skin from infectious bacteria. This balances your skin growth and keeps bacterial colonies from forming on the surface. One strong antibacterial is salicylic acid, which can exfoliate and remove the outer layer of accumulated dead skin cells. It also clears out bacteria in hair follicle areas to ensure healthy hair growth.

Be careful when purchasing your sensitive skin care products to make sure that they really are safe for your skin. Many products are labeled as natural or hypo-allergenic when they still contain toxic chemicals. Always check the ingredients listed on the label to see if there are any substances that may aggravate your skin. Similarly, perfume-free products may not always be completely devoid of fragrances so double-check all of your sensitive skin care products before use.

Where to Find the Latest Skin Care Information

There is so much skin care information out there today that it can be a bit perplexing to make sense of it all. This article will show you where to look to find the most accurate information and how to use that information to make a decision on your skin care products.

Look at the label on the product itself first. Most of the time, you can find all the information you need right there on the bottle. Cosmetic products are required to list all of the active ingredients and frequently will also list what each ingredient does. If you need more information, you can then research each of these ingredients individually to find out if there are any harmful effects.

To find out if there have been any allergic reactions or consumer problems with a certain product, check any of the skin care information websites on the Internet. Many times, you can find a message board or product review site where people are sharing their own individual experience with the product. Keep in mind that it is often the most dissatisfied customers who post on such sites, not customers who were happy with their purchase. Do not automatically write off a product that has had bad reviews, but you should at least do a little more research before buying.

You can also use the Internet to look up drug interactions or possible side effects. There are many medical websites available for general information. Of course, you should always check with a doctor if you have any preexisting medical conditions that may pose

Natural Beauty

a serious danger. Internet skin care information can still be unreliable and you would not want to take a risk based on some anonymous person's opinion.

Your friends and family can also be a great source for skin care information. Simply ask around to find out if anyone has stumbled onto a great new skin care product. Pay particular attention to any of your friends who have undergone a major appearance overhaul as it is likely that they have tried out at least one of the skin care products on the market. If the product causes irritation or other side effects, your friend can also pass on her valuable experience and save you some hassle and pain.

If you need expert skin care information, contact a dermatologist. They often have stores of experience with their patients to draw from, so they can tell you if a certain product really works or if it is just marketing hype. They also should know about any dangerous side effects or drug interactions, so it is always a good idea to double-check with a dermatologist before starting any new skin care program.

Always research any new product before beginning to use it, especially if you have any other medical conditions. With all the resources available, there is no reason to take an unnecessary risk because you are uninformed. There is a lot of skin care information out there, it's just a matter of knowing where to look for it.

An Insider's Guide to Natural Skin Care

Natural skin care products may be the answer if you are concerned about the chemicals in most commercial cosmetic products. Some of these chemicals may be toxic enough to actually accelerate the aging process, which is the opposite of what you are trying to accomplish with your skin care. Even in these days of increased regulation and consumer watchdog groups, there are a number of new products introduced each year that still contain damaging chemicals.

Almost nine hundred toxic chemicals have been found in commercial cosmetic products by the National Institute of Occupational Safety and Health. The Cancer Coalition has stated that cosmetic and personal care products pose a higher threat of cancer than even smoking cigarettes. Compounding the problem is the vast amount of incorrect information distributed by marketing departments to attract new customers.

Everything that you put on the surface of your skin is absorbed into the pores and gets into the bloodstream. The circulation of the blood distributes the toxins throughout the entire body, causing damage to internal organs as well as the skin. Since all of these products enter your body, you should analyze the labels on your cosmetic products the same way you would with labels on food. Of course, choosing only natural skin care products eliminates the problem of toxins altogether.

Once the toxins get into your bloodstream, it forces your body to work much harder than usual in an effort to get rid of them. The liver is responsible for most of this clean up, but

Natural Beauty

it can only handle so much before health problems will set in. The liver is a key part of the body's immune system and should be treated with care. Liver problems can cause major health issues such as auto-immune diseases, asthma, continual infections, and allergies.

Using natural ingredients can avoid these toxicity problems. The body recognizes natural skin care products as organic matter to be processed, not as a toxic threat that must be eliminated. Many of these products are made out of plant matter which contains the same basic vitamins and minerals as the ones already present in our bodies. Synthetic chemicals may be seen by the body as toxic and the immune system will react against them.

You can exfoliate with a gentle material such as crushed oatmeal, table sugar, or baking soda. Make exfoliating a regular part of your daily skin care routine and you will see much more life and bounce in your appearance. Other natural substances that may be useful for skin care include honey, egg whites, olive oil, bananas, and avocado. Be creative and use some of the common items you have in your kitchen to give you softer, smoother skin.

How do you know which natural skin care products are actually safe? Some products are labeled as "100% natural" when they still contain chemicals and toxins. The only way to be completely sure is to look at the list of ingredients on the package. Dyes, fragrances, and synthetic preservatives can all be found in these "natural" skin care products.

Case Study: Hydroderm vs. Other Skin Care

Wondering about the performance of Hydroderm vs. other skin care methods? In the past, there were few alternatives to hide the signs of aging. You were often limited to wearing scarves or neckties to cover up baggy neck lines and loose skin around the collar. Now there are a number of surgical procedures and cosmetic products on the market to take care of these unsightly problems. This article will explore how these new methods stack up against Hydroderm skin care products.

Chemical peels are one of the more common skin care methods being used today. A chemical peel actually burns off the top layer of skin with acid to remove the dead skin cells and let the healthy layer underneath shine through. This is a popular choice because it is non-invasive and does not require surgery. Chemical peels may not be as effective as a surgical procedure like a face lift, but they are a good way to remove acne scars or sun damage.

Botox is one of the latest skin care methods to hit the marketplace. It uses small injections of collagen around the mouth, neck, or eye area to relax the muscles and reduce lines and wrinkling. It is also commonly used for people who have issues with involuntary muscle contraction, along with helping to smooth appearance. Botox

Natural Beauty

injections are commonly administered into the neck area, making them non-invasive and easy to recover from.

One of the oldest methods of taking years of one's appearance is the face lift. This is a much more involved, and often painful, surgical procedure in which the skin is actually cut and then tightened. Obviously, this is more costly than any of the other methods listed, including Hydroderm. A face lift may also require an extended recovery period to heal from the incisions that have been made.

Hydroderm is a new collagen infusion that is designed to moisturize the skin and tighten up wrinkles and lines. It is generally used in the neck area to pick up sagging skin. Hydroderm includes tri-dimensional proteins that fortify and revitalize dry, baggy skin. It is also currently the only way to infuse collagen into your system without painful injections at the doctor's office.

Hydroderm compares favorably vs. other skin care methods like the face lift, chemical peel, or Botox. In three weeks of the Hydroderm system, you can eliminate about half of the wrinkles on your face and neck. Even better, this does not require any surgery or injections and can be done in the privacy of your own home.

There are more options for skin care treatment than ever before. So far, Hydroderm holds its own vs. other skin care methods. It is far more economical and convenient than having a surgical procedure such as a face lift or an injection of Botox. It remains to be seen how Hydroderm will fare vs. other new skin care methods as they appear on the market, but right now it is still one of the best alternatives available.
Discover the Truth about All Natural Health and Beauty Products

It seems that everywhere you turn nowadays, someone is selling new all natural health and beauty products. It seems that as more and more news coverage is aired or printed about global warming and the green movement, more and more business are trying to jump on the bandwagon in an effort to sell more products to consumers. It can be so hard to know what to think or who to believe when there's so much conflicting information going around.

As one might guess, the truth about all natural health and beauty products is that they all aren't created equal. Some products are better than others. Some products work and some don't. Some products are less harmful to the environment and some are flat out bad for the environment that everyone seems intent on saving. How is someone to know who to believe and who not to believe?

With money being tighter than ever, it's impossible to try out all of the available products to see for ourselves which actually do what they claim to. Fortunately, for some products, you won't have to. All you need to do is look through the ingredient list of your favorite products to get an idea for which ones are truly all natural and which ones aren't.

Natural Beauty

Perhaps one of the all natural health and beauty products that can have the most impact, especially for women, is make-up. Mineral make-up is all the rage these days, it seems. But, as can be expected, not all mineral make-up is the same. While all boast being made from all natural minerals, they don't have to be made up entirely of just minerals. Many of the all natural mineral brands include preservatives and other artificial ingredients to prolong the shelf life of the make-up. As we all know, preservatives and artificial ingredients can be harmful not just to ourselves but to the environment, as well.

Besides make-up, there are other all natural health and beauty products available for people to buy today. Shampoos, soaps, perfumes, even ointments for aching joints, can all carry the all natural label. Once again, it's important to actually read the ingredients list to find out whether they are truly 100% natural. If there's a long, highly technical term in the ingredients list that you can't pronounce, chances are the product contains artificial stabilizers or preservatives. If you're truly wanting to go all natural, you'll definitely want to avoid those kinds of products.

Purchasing and using all natural health and beauty products is an excellent way to do something great for ourselves and for the environment. All natural products are safer for those with severe allergies as there is less of a chance someone might be allergic to them. Many of the beauty products come from renewable sources which lessens the strain on the environment. You can feel good about making yourself look good every day when you use all natural health and beauty products.

Discover Tips About Natural Beauty Products

With so many dangerous chemicals in mainstream cosmetics these days, more and more women are turning to the idea of natural beauty. Natural beauty is the practice of using only organic ingredients for skin and hair care. This avoids many of the health and allergy issues caused by commercial personal care products. Here are a few tips on how to choose natural beauty products.

If you are ready to get rid of those chemical-laden cosmetic products and enter the world of natural beauty, there are quite a few choices out there. You can often save money by making your own cosmetic products at home out of common kitchen goods. When you first begin a regimen of natural products, your body may go through a brief detoxifying period while it adjust to not being drenched with toxins on a daily basis.

The face is often more sensitive than the skin on the rest of the body and must be treated accordingly. Look for a cleanser that does not dry the skin and is not too harsh. Castile soap or glycerin both work very well for cleaning the face without robbing it of precious moisture. Whatever type of cleanser you choose, be sure not to let your skin become dry and cracked, as this can lead to wrinkles.

Adding exfoliation to your daily skin care routine can help boost your skin's vibrancy and vitality. Exfoliating removes the top layer of dead skin that accumulates over time. This

Natural Beauty

dead material can choke off the oxygen and sunlight to the healthy skin below and gives your face a dull appearance. Exfoliating before cleansing will strip off this unnecessary layer and let your natural beauty shine through.

Always keep your skin protected from the damaging rays of the sun. Direct sunlight can burn out the pigmentation in certain spots of the skin, leading to unsightly age spots and white patches. There are many natural sunscreens available today, many of them consisting of simple ingredients like olive oil. Of course, staying out of the sun is your best bet, but a natural beauty product with sun protection can limit the damage if you must go out.

Natural hair coloring is also available as a healthier alternative to chemical-based dyes. Throughout history, natural products have been used to spice up appearance by changing hair color. Natural hair colorings give you the option of a more mellow, subtle color change or a more drastic change, depending on the material used as a dye. Using a tea rinse gives that nice, gentle look and something like henna can give you a brighter color that really pops.

It can be confusing at first, but making the change to natural beauty products is well worth the effort. It is easy to find information these days, with the accessibility of the Internet. Local health food stores or even pharmacies may have the latest natural cosmetic products as well. With so many options, there is no reason to continue using chemical-based commercial products instead of those that bring out your natural beauty.

Learn How to Make Natural Beauty Products at Home

Want to know how to make natural beauty products at home? There are a number of natural beauty recipes you can prepare with just a few items you may already have in your kitchen. Not only are these products easy to make, but they are also healthier than using commercial products full of chemicals.

By learning how to make natural beauty products of your own, you will be helping the environment, along with saving money. Most of the commercial cosmetic products on the market include some type of chemical or detergent. When this is washed off your skin or thrown in the trash, these chemicals and toxins can get into the water supply. Making your own natural beauty products out of common household items is a much greener solution.

Some common kitchen items that can be used to make natural beauty products are Epsom salt, bananas, honey, oatmeal, olive and vegetable oils, yogurt, mayonnaise. This is just a short list of household products that can be used for skin or hair care. There are quite a few other natural products that can do wonders for your appearance.

There are two common ingredients that you probably will not have on hand when you are learning how to make natural beauty products. These are beeswax and natural soap bars.

Natural Beauty

Beeswax and other natural waxes can be found at health food stores, soap making shops, and some craft stores. For those allergic to bees, there are other vegetable- and flower-based waxes to choose from.

Olive oil is a very versatile home remedy that can be used for a number of natural beauty purposes. It will moisturize the dry skin of your elbows, cuticles, knees, and feet. Olive oil can be added to a warm bath for even more moisture and softness. For dry hair or scalp, simply massage the oil directly in with your hands.

You can even make your own natural exfoliating treatment from olive oil. Mix the oil with twice as much brown sugar to create a thick paste. Use this paste as a pre-shower skin treatment by rubbing gently into the skin. Rinse thoroughly in the shower to remove all paste and any dead skin cells that may have been scraped off.

If you have bananas on hand, you can also use those as a moisturizer for dry and cracked skin. Mash a ripe banana until it becomes a paste that is smooth enough to apply to your face or hands. Let the paste soak in for about ten minutes, then rinse off and pat dry. For added moisturizing, add in a teaspoon of olive oil before applying to dry, parched skin.

These are just a few of the beauty products you can make at home without spending much money. Other great home remedies include facial cleansers, herbal bath soaks, skin butter, and natural body scrubs. Most of these recipes can be made with simple ingredients that you already have at home. Now that you know how easy it is, jump right in and learn how to make natural beauty products of your own.

Proven Skin Care Tips to Keep You Looking Young

If you're looking to prevent premature aging and look your absolute best, these skin care tips are for you. Of course, wrinkles are an inevitable part of getting older, but there are a few steps you can take to stay looking young as long as possible.

Keeping a healthy lifestyle is the best thing you can do for your skin. It starts with diet and nutrition as this is what fuels your body and provides nutrients to make essential oils and collagen for the skin. Fruits and vegetables are especially good for your body and skin because they contain fiber and antioxidants. Eat more healthy oils like olive oil and whole grains to provide nutrition without excess calories.

In addition to maintaining a proper food intake, drinking enough water is one of the most important skin care tips. Water will keep the skin moist and supply, while also clearing out toxins. Dry skin is extremely susceptible to wrinkles and fine lines, so you want to always stay hydrated. The standard recommendation is to drink six to eight glasses of water each day, whether or not you are trying to lose weight.

Regular exercise is also important to keep your skin healthy and vibrant. Exercise increases blood flow and helps clean out the pores by sweating out toxins. Frequent

Natural Beauty

physical activity will also improve your mood, enhance your cognitive skills, and reduce weight.

Reduce stress whenever possible as it can have an effect on your skin. Under stress, the body's metabolism is disrupted, which can lead to the signs of premature aging. Some good ways to relax and relieve stress include taking a bath, exercising, or meditation.

We all know how dangerous the sun's UV rays are, so always protect yourself when you go outside. The sun can dry out your skin's oils and natural moisture, making it more likely to crack or wrinkle. SPF 15 is standard protection, but fair-skinned people may need even more protection.

Other skin care tips include using jojoba oil or coenzyme Q10 to reduce wrinkles and protect your skin. Jojoba oil is a very versatile oil that can be used to reduce wrinkles, relax stretch marks, and provide moisture to dry, cracked skin. It is also very similar to some of the oils naturally produced by the skin, so it is tolerated well by the body. Jojoba oil is very high in vitamin E, which is known to be an antioxidant that can help protect the skin from damage.

Coenzyme Q10 is another popular anti-wrinkle ingredient. It is mostly used for its antioxidant properties, which protect the skin cells from free radicals. Free radicals are continually generated by the body's metabolic processes and will break down the structure of the cell. Since they are always being created by the body, a daily antioxidant is necessary to keep free radicals under control.

Now you know several easy ways to protect yourself from the signs of premature aging. Look for anti-wrinkle products containing the ingredients listed above to make sure you are getting a quality product. Stay consistent in following our skin care tips and you will find yourself looking younger each day.

Simple Safe Acne Anti Aging Skin Care

Are you facing the problem of your skin aging before it's time? Relax! Thanks to the advances in acne anti aging skin care treatments there is a skin care product or actual medical treatment to help you. However, you and I need to know a few things before we can choose the right skin care treatment.

As a matter of course, before you or I even think about what product or type of treatment we are going to employ, we should always consult a qualified professional first. Obviously, the well trained and licensed physician can advise us as to what our actual skin problems are. Many times we may find out that we have an underlying health condition, such as a thyroid problem or other condition, causing our skin to age faster than normal. Obviously, treating the medical problem would be the very first step in our battle; to stop the premature aging of our skin. In addition to ruling out a medical condition, there are a few other things our doctor will be able to fill us in on.

Natural Beauty

One of the first things we need to know is that, as in many other things, female and male skin is different. Big surprise! Right? As an example a man's face, when treated over exposure to the sun, wind and other environmental hazards, needs a skin care moisturizer which contains vitamin B5. Many of today's dermatologists also recommend creams with a combination of witch hazel and B5.

However, because the fairer sex, have other problems with their skin, than the old rugged male, women only need B5 in their acne anti aging skin care battle. But it really helps both men and women, to kick their skin care battle up a notch, to include lotions and moisturizer creams with vitamins such as coenzyme Q10. In addition there are many other ingredients found in today's moisturizer creams and lotions.

A great many of the over the counter lotions and moisturizer creams contain an ingredient known as petrolatum. Emphasis on the petro! Because it is so common many of us have used it for years and guess what? Yep! You guessed it. It may cause our skin to age that much faster. Studies which have been conducted, over the years, by well qualified skin specialist; bear this theory out. One of the easiest and simplest things to do in our acne anti aging skin care treatment; is to avoid the products which contain petrolatum. But we need to remember there are other chemical and preservatives which should be avoided.

We should take the time to read every label on every bottle and tube of skin treatment products. However you and I know, we normally can't spell many of the ingredients listed, much less pronounce them or know what they mean. Here's a little tip, a science teacher friend of mine gave me. If the word is about 2 inches long, chances are it is a chemical compound which is not natural to our body. Avoid it!

It's easy for us to understand there is more to simple, safe acne anti aging skin care than just using any old cream or moisturizer. It will pay for us to gain as much knowledge as we can; to keep us from looking old before our time.

Are you facing the problem of your skin aging before it's time? Relax! Thanks to the advances in acne anti aging skin care treatments there is a skin care product or actual medical treatment to help you. However, you and I need to know a few things before we can choose the right skin care treatment.

As a matter of course, before you or I even think about what product or type of treatment we are going to employ, we should always consult a qualified professional first. Obviously, the well trained and licensed physician can advise us as to what our actual skin problems are. Many times we may find out that we have an underlying health condition, such as a thyroid problem or other condition, causing our skin to age faster than normal. Obviously, treating the medical problem would be the very first step in our battle; to stop the premature aging of our skin. In addition to ruling out a medical condition, there are a few other things our doctor will be able to fill us in on.

Natural Beauty

One of the first things we need to know is that, as in many other things, female and male skin is different. Big surprise! Right? As an example a man's face, when treating over exposure to the sun, wind and other environmental hazards, needs a skin care moisturizer which contains vitamin B5. Many of today's dermatologists also recommend creams with a combination of witch hazel and B5.

However, because the fairer sex, have other problems with their skin, than the old rugged male, women only need B5 in their acne anti aging skin care battle. But it really helps both men and women, to kick their skin care battle up a notch, to include lotions and moisturizer creams with vitamins such as coenzyme Q10. In addition there are many other ingredients found in today's moisturizer creams and lotions.

A great many of the over the counter lotions and moisturizer creams contain an ingredient known as petrolatum. Emphasis on the petro! Because it is so common many of us have used it for years and guess what? Yep! You guessed it. It may cause our skin to age that much faster. Studies which have been conducted, over the years, by well qualified skin specialist; bear this theory out. One of the easiest and simplest things to do in our acne anti aging skin care treatment; is to avoid the products which contain petrolatum. But we need to remember there are other chemical and preservatives which should be avoided.

We should take the time to read every label on every bottle and tube of skin treatment products. However you and I know, we normally can 't spell many of the ingredients listed, much less pronounce them or know what they mean. Here 's a little tip, a science teacher friend of mine gave me. If the word is about 2 inches long, chances are it is a chemical compound which is not natural to our body. Avoid it!

It 's easy for us to understand there is more to simple, safe acne anti aging skin care than just using any old cream or moisturizer. It will pay for us to gain as much knowledge as we can; to keep us from looking old before our time.

The Best Natural Beauty Recipes

There are a number of natural beauty recipes you can make at home. You do not have to pay for commercial cosmetic products to look your best. In fact, many times the natural solution is healthier and more effective than the chemical-laden make-ups you will find at the store.

Here is a great papaya enzyme facial mask that is one of the more popular natural beauty recipes. You will need the following ingredients: 1/2 cup mashed papaya, 1 whipped egg white, and 1 teaspoon of honey. For additional cooling or if you have sensitive skin, add a tablespoon of plain yogurt to your mixture.

Mix all of your ingredients together in a large bowl. Wash your skin before applying the facial mask mixture. Leave the mask on your face for approximately five to eight

Natural Beauty

minutes, giving the papaya enzymes time to exfoliate your skin. Rinse off with warm water first, then with cooler water, patting dry when done.

For hair, this herbal vinegar rinse will restore your hair's natural pH balance, clean off built up dirt and hair products, and reduce oily hair. Place 2 sprigs of rosemary and 2 sprigs of lavender in 2 cups of water in a clear glass jar. Let the jar sit out in the sun to steep for between two and four hours, then remove the herbs. Add one or two tablespoons of either apple cider vinegar or white vinegar to your water solution, then use the same way you would use shampoo.

Herbal bath salts are another of the top natural beauty recipes you can make at home. All you need is a cup of sea salt and a handful of whatever herbs you have on hand, such as lavender, rosemary, spearmint, or peppermint. Grind the herbs with a coffee grinder until they become a fine powder. Mix with the sea salt and dump into your next bath for a relaxing change of pace.

A similar natural beauty recipe is this refreshing flower-based foot soak. For this one, you again need sea salt, along with some fresh sliced citrus of your choice (limes, lemons, oranges, etc.) and a handful of flower petals picked fresh from your garden. Fill a small basin with lukewarm water and add the salt, flower petals, and fruit slices. Soak your feet in the mixture for ten minutes, then rinse and pat to dry.

This strawberry manicure mask is a great way to pamper your hands naturally. Mash 3-5 ripe strawberries, drain off the juice, and combine with one tablespoon of sugar and a little bit of the light oil of your choice. Apply the resulting mixture to your hands by using a circular motion. This will condition and exfoliate the skin, leaving it soft and smooth.

During watermelon season, this pedicure polish is good for your feet and gives your home a nice aroma of summer. Combine 1/2 cup of mashed and strained watermelon with one tablespoon finely crushed almonds and 1/4 cup of plain yogurt. Apply the mixture by working it in with your hands in a circular motion. Use a tissue to remove, then rinse and pat dry to enjoy this one of our natural beauty recipes.

What You Need to Know About Organic Skin Care

Because today's consumers are more conscious of their health and the environment, there are more organic skin care products available than ever before. Other people may have developed allergies to all of the toxins and chemicals used in commercial skin care products and are looking for a healthier alternative. Some commonly used ingredients in commercial products include fragrances, dyes, and various types of acids.

By contrast, organic skin care products contain natural ingredients such as vitamins A, C, or E, essential oils, antioxidants, or proteins. These are necessary to replace the skin cells lost as we age. As the body gets older, it produces less collagen and elastin, which leads

Natural Beauty

to dry, wrinkled skin. Re-hydrating the cells from the outside is the only way to repair this age-related damage.

You can now find organic skin care products in almost any pharmacy, drug store, or health food and nutrition store. If you do not have access to any of these places, there are many retailers online to choose your natural cosmetics from. Some spas and salons have also added organic products to their inventory, so you may want to look there as well. Most of these products are free of fragrances and dyes and will not cause or aggravate existing allergies.

There are organic products available both men and women. Men can find organic shaving lotion and after-shave, while women usually have more options of cleansers, creams, toners, and gels. Unfortunately, organic products generally cost more than the synthetic version of the same item. It is worth the extra cost to protect your skin and your health from toxic chemicals and preservatives.

An alarming number of mainstream skin care products may contain the wetting agents diethanolamine and triethanolamine, sometimes listed on ingredient labels as DEA and TEA, respectively. These substances by themselves are not considered to be a cancer risk. If the product contains nitrites as contaminants, this may cause a chemical reaction that creates cancer-causing nitrosamines.

Most commercial cosmetic products include some type of bactericides or preservatives. These are necessary to protect the cosmetics from contamination, but may also be dangerous or even carcinogenic. For instance, trace amounts of formaldehyde are found in some products. Formaldehyde is a known carcinogen and is neurotoxic in higher doses.

How can you be sure that your skin care products are really organic? Unfortunately, there is still plenty of room for vagueness in labeling of cosmetic products. Generally, a cosmetic product must follow the same USDA rules as would a food product. The product must contain no less than 95% organic and natural ingredients in order to qualify for the label.

After the 95% threshold is met, there is a serious lack of additional guidance and regulations. There are no restrictions on the words cosmetic manufacturers can use on their labels, so you may see plenty of products called "organic" or "botanical" even though they may still contain a small amount of synthetic chemicals. Read the ingredient labels carefully to be sure that your organic skin care products are really made of only organic materials.

Why You Should Try All Natural Skin Care Products

Wondering about all natural skin care products? There are a lot of choices on the market today and it can be confusing when you are trying to decide which products are best for you. Here are a few things to consider before shopping for a new skin care program.

Environmental pollution and sun exposure can increase production of free radicals in the body. The body already produces these skin-damaging free radicals on a continual basis during the process of metabolism. Free radicals can cause mutations in the skin cells that may lead to cancer or, at the very least, premature wrinkles. All good skin care programs should include some form of sun protection.

Most all natural skin care products do contain sunscreen, so check the label for the level of SPF protection. Be careful if you are using sunblock every time you are in the sun because this may cause a vitamin D deficiency. To be safe, supplement your nutritional intake with a daily multivitamin. Lack of vitamin D has been connected to osteoporosis, so older women should be extra careful to replace their vitamin intake.

There has been a recent trend toward more nutrition-related skin care products. Poor diet and bad physical health does affect the skin cells, as well as the rest of the body. Vitamin C is especially good for skin health and may even prevent some damage caused by sun exposure. Antioxidant vitamins remove free radicals, which can damage skin cells and lead to premature aging. Our body is always producing free radicals as a byproduct of metabolism, so a daily antioxidant vitamin supplement can be very helpful.

Honey is an excellent material for all natural skin care products because it can lock in moisture that is already present in the skin. Many spas used paraffin wax in the past for this purpose, but now it is recognized that honey is a much more useful natural alternative. Vegetable oil and natural waxes will also have this effect if you would rather not use honey or do not have any available.

Honey is not a very effective natural moisturizer because it does not contain any water. However, it does not dry out the skin the way alcohol and other common cosmetic ingredients might. Honey can also inhibit bacterial growth and other acne-causing organisms. There are specialized honeys available for use as all natural skin care products, which are significantly different than the honey you would find at the store.

Another kitchen item that can be found in the best all natural skin care products is olive oil. Olive oil has a variety of uses in natural cosmetics, including moisturizing the skin or hair. It can be used on the dry, parched skin found on the heels, elbows, or knees. Throw a little bit of olive oil into your next bath for added softness and luxury. Olive oil can even moisturize the hair and scalp if rubbed directly on the head.

Olive oil also makes a nice natural exfoliant for the skin. Simply mixing some oil with a quantity of brown sugar will create a thick exfoliant paste. The paste can then be used

Natural Beauty

before a shower or bath as an exfoliating treatment. Olive oil is just one example of the great all natural skin care products that can be used to moisturize and protect your skin.