

Relaxation, rejuvenation or edification of Mom, independent of her family

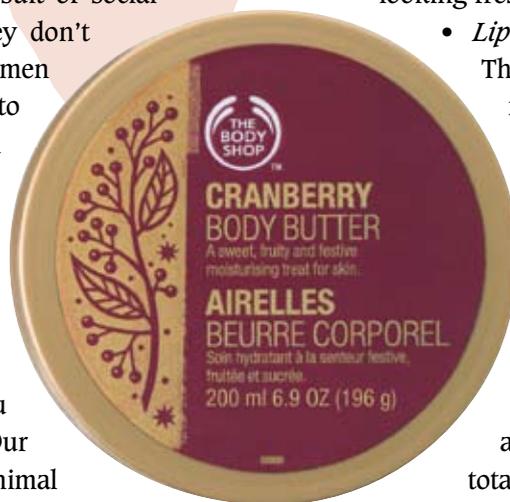
Natural Beauty

Make-Up That's Good for Moms *and* Mother Nature

by Rebecca Ash

Women are nurturers. We care for our mates, our progeny, and our relationships with friends and family. It comes as no surprise that the Earth has been deemed “Mother Nature”: the ultimate nurturer. So how can women stay beautiful while ensuring that our planet remains beautiful for the next generation? Luckily, there are a number of guilt-free beauty products available to the Earth Mother in all of us. Here are a few companies that offer nature-friendly alternatives:

The Body Shop: The Body Shop has long been a staple in the natural beauty movement. Their mission statement opens with the commitment: “To dedicate our business to the pursuit of social and environmental change.” They don’t use their stores just to help women look beautiful; they use them to effect changes in environmental and human rights issues! The Body Shop is located all over the country (and the world, in fact), so you never have to go without your favorites even while traveling. On their website www.thebodyshop.com you will find five items listed as “Our Values”; they are “Against Animal Testing,” “Support Community Trade,” “Activate Self-Esteem,” “Defend Human Rights,” and “Protect Our Planet.” Click on these links and



you discover how The Body Shop is working towards all of these goals, and the amazing ways that they use their resources in the most benevolent manner. So by patronizing The Body Shop you are not only helping yourself look and feel better, you are also helping to make the world a better place. Now that’s a reason to shop! Some of their classics are:

- *Lipscaff.* The ultimate treatment for your lips, Lipscaff uses oatmeal to slough off dead skin and Vitamin E to delicately soften. Used one or two times weekly, your lips are left invigorated, smooth, and pucker-ready! Helps keep your lipstick looking fresh and smooth. (\$9.50)

- *Lip & Cheek Stain in Rose Pink.* This is a fantastic tool for make-up minimalists and frequent flyers. Lip & Cheek Stain perks up both lips and cheeks, giving you a fresh, healthy glow. The sheer formula goes on smoothly, and you can control the darkness of the hue (the more you apply, the deeper the color). Fits easily into the smallest clutch for parties and events. Talk about a potent totable! (\$10.50)

- *Body Butter and Body Scrub.* These will help you look and feel absolutely delicious! Available in an array of enticing and even unexpected

scents (such as sesame, olive, nut, and grapeseed) your skin will be utterly smooth and moisturized all day...and the scent really lasts! Use the Body Scrub in your favorite scent (mine is the papaya!) by applying in a circular motion in the shower. Not only does it help rid you of dead skin cells, it also improves circulation! Then follow it up by applying the Body Butter as needed. With over 12 delectable varieties, you're sure to find your signature scent! (\$7.50- \$16.00)

- *Honey & Oat 3-in-1 Scrub Mask.* Almost good enough to eat! This formula combines natural kaolin clay, oatmeal and organic Community Trade honey. It smoothes and conditions normal to dry skin while giving you a mini-vacation. Apply a generous amount of Honey & Oat 3-in-1 Scrub Mask after cleansing your face and patting dry. Leave on for five to ten minutes (note: it will not dry or harden like some other masks) and rinse with warm water. Use once or twice a week for smooth skin. (\$14.00)

MeLange Cosmetics: Their Mineral Make-up© line is made of “pure, natural, cosmetic grade mineral powders micro-blended to perfection.” Their products do not contain irritating synthetic fillers, talc, binding ingredients, oil, chemicals, fragrances, synthetic colors, or dyes. No animal testing is performed and only 100% natural ingredients are used. All their items are available on-line (www.melangecosmetics.com) for convenient home delivery, and if you have any questions about the ingredients, the site contains a full glossary and “Ingredient Dictionary” page! Proprietors Kathy Heckler and Lori Herniak are quick to provide answers to any questions customers may have and offer frequent specials on selected items. Items to try:

- *Mineral Powder Conceal It.* This includes 2 shades of concealer (light and medium) and 4 shades of skin tone color correctors (blue, yellow, violet, and green). Need to cover up an unsightly red blemish in a hurry? The green color corrector is perfect for masking irritations and getting rid of the red! (\$8.99)
- *Mineral Powder Blush.* Available in 5 flattering shades, this powder blush can even be blended



for personalized perfection! From the lively Apricot Bloom to the delicate Blush Bliss, there is a shade to compliment any skin tone. And at \$8.00 it can't be beat!

- *Mineral Powder Eye Shadow Watercolor Prism Collection.* These multifaceted, prismatic shadows come in 5 delightful shades and are perfect for when you want a little extra shimmer. They are the ultimate for a soft, feminine look. At \$4.99 each, you can try them all!

Illuminaré: The Illuminaré philosophy states: “We believe that our beauty products should be simple and easy to use, should be gentle and should offer protection from environmental damage at the same time. Enhance and protect, while keeping it simple and simply beautiful!” They combine pure minerals and iron oxides with UV protection to safeguard skin against the harmful effects of the sun. It's great for women with sensitive or irritated skin, allergies, or eczema. Says founder Ruthie Molloy, “Each ingredient was approved by a team of five women dermatologists before we ever even made the first production run of Fantastic Finish, our first formula.” Not only do they not test on animals, they take it one step further by using no animal derived ingredients! Their products are available on-line (www.illuminarecosmetics.com) as well as in retail stores located in Beaumont, Grand Prairie, Mount Pleasant, Richland Hills, and San Antonio (see the site for contact information

and full addresses). For those who wish to try them out before committing to a product, they offer trial sizes as well! Some of the products that caught my attention were:

- *Fantastic Finish Foundation Moisturizing sunscreen makeup with SPF 21.* This formula provides sheer to medium coverage so it's perfect for daytime, helps lock in moisture and hydrate, and gives skin a luminous look. It comes in 5 shades and is 100% oil free. (\$24.00)
- *Ultimate All Day Blush Matte Finish sunscreen blush with SPF 21.* Looking for a pinched-cheek, natural glow? This matte formula gives you a healthy flush that lasts and lasts. Great for busy moms who don't have time to keep checking their face! It's 100% oil free and comes in a portable squeeze tube in 5 complimentary colors. If you've wanted to try a liquid blush but have been apprehensive, this is the one for you! (\$18.00)
- *All Day Eye Color Crease Proof sunscreen eye makeup with SPF 15.* These creamy eye colors (available in 8 shades) go on smooth and last all day without fading or creasing. They're great for those who wear contact lenses or have sensitive eyes. What's more, they can double as eyeliners or brow fillers and are water resistant! Don't be intimidated if you've never tried cream shadow before; these are easy to apply with a brush or even your fingertip. (\$18.00)

JASON Natural Products: JASON supplies consumers with environmentally friendly alternatives by taking advantage of naturally healing herbs, flowers, minerals, and plants provided by the Earth. Each item is completely organic, promotes health and well-being, and provides pampering for the body and soul. These products are ones you can feel good about using, while feeling good about yourself! Their website (www.jason-natural.com) includes a glossary page of information on the ingredients they use. They offer everything

from oral hygiene products to hair care to beauty and bath products, and even have a line especially for baby care! You can purchase JASON Natural Products through their online store or in local health food stores such as The Vitamin Shoppe. Give these items a try:

- *Temptations Moisturizing Lip Tint.* You'll never have to worry about your lips looking "cakey" or cracked again! This formula combines shea and cocoa butters with sweet almond oil and natural lip enhancing pigments. Green tea, aloe vera, and vitamin E leave your lips supple and hydrated. And their hint of mint tastes delightful (your husband won't be able to resist stealing a kiss)! It's a new item so only 3 shades are available for now, but each is sensational. (\$6.00)
- *Tea Tree Oil Australian Melaleuca Alternifolia 100% Organic.* Tea Tree oil has long been known for its multitude of medicinal purposes, from an antiseptic for cuts and abrasions, to relieving problematic skin, to improving nail disorders like hangnails, cracking, and brittleness! I recently discovered Tea Tree oil when a late case of adult acne plagued my skin and it instantly improved and healed breakouts. It's a must-have in the medicine cabinet and the best \$10.50 you'll ever spend!
- *Olive Oil Hand & Nail Therapy Lotion.* What's better than olive oil? Olive oil combined with Grape Seed and Green Tea extracts for the ultimate in skin conditioning! This formula works to fight free radicals and smoothes the skin around delicate nail beds. Your hands will be as soft as your baby's bottom! For deep, extra-intensive conditioning try using them in conjunction with moisturizing over-night gloves. (\$8.50)



It's time to pit Mother Nature against Father Time! By using Earth-friendly products you can feel confident that you've done your part to keep the planet as gorgeous as you are for generations to come. ★