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ANNIVERSARY  
ISSUE

*The*  
**Green Parent**

# natural beauty

## GUIDE 2014

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# WELCOME TO

## *The* Green Parent

### 2014 Natural Beauty Guide

**A**re you wary of what skincare to buy for your family due to long, indecipherable ingredient lists? Concerned about the chemicals contained in baby products? But unsure which natural brands to choose? We are here to help. Each of the winning products in our awards has been carefully chosen and tested. We seek out the most effective, pure, natural, luxurious beauty products that the world has to offer and we've gathered them all together for you in one handy booklet.

Six months ago we started our search, covering everything from organic hair care and chemical-free skin creams to natural baby lotions and pregnancy products. Our independent review panel tested hundreds of products to find the finest and the most effective. We insist on products free from petroleum-based chemicals, propylene glycol, parabens or sulphates and NO animal testing so you can be assured of their safety and ethics.

We believe that beauty is more than skin deep. So we seek out those products that are made by passionate people; companies that we can trust; those who put care and love into their work. We believe that inner beauty shines through. Here you'll find the winners, all products that we would want in our own bathrooms. Pop this guide in your bag so that you can make an informed decision next time you are shopping.



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# treat yourself naturally

At this time of year flowers are abundant and everything looks rich, lush and ripe for the picking says **Sof McVeigh**.

Here she shares some of her favourite botanicals and recipes for making your own bathroom treats.

## LAVENDER

Lavender reminds me of hot, dreamy summer holidays; hardly surprising, as it is a Mediterranean plant. It was brought to northern Europe by the Romans, they used lavender flowers in their communal baths, not just for the smell, but also to enjoy its antibacterial properties. Along with chamomile, lavender is one of the best known plants for relaxation. This means that using the plant anywhere near bedtime is soothing and calming; a bunch under the pillow or near the bed is one way of inhaling its benefits. Lavender is also a mild antidepressant with its essential oil much loved by aromatherapists, so inhale this deeply to keep the blues at bay. For the skin, lavender and rose used together in a bath are soothing after too much sun. Lavender also makes a good hair rinse for dandruff. Owing to its antibacterial properties, lavender is good for treating minor cuts and sores; it is also antifungal, so it can help treat fungal infections such as athlete's foot or ringworm.



## Lavender bath bomb

This recipe is fun to make with children, as it is almost like building mini sandcastles. These bath bombs make bath time 'fizzzz' and the lavender not only smells heavenly, but along with the bicarbonate of soda (baking soda), works to soothe the skin.

### WHAT YOU NEED

- 300g bicarbonate of soda
- 100g citric acid
- 50ml sunflower oil
- 2 dessert spoon lavender petals
- 30 drops of lavender essential oil
- Greaseproof paper
- Bowl and metal spoon
- Small moulds such as ice cube trays, cookie cutters or cupcake shapes, even half a ping pong ball works! >>







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- 1 Put all the dry ingredients in a bowl and mix them together with a metal spoon.
- 2 Pour the sunflower oil over the mixture and stir it in well; you need to achieve a consistency like wet sand, so if it is too dry add a splash more oil. Then add the drops of essential oil.
- 3 Now spoon the mixture out into your moulds. This process is rather like making mini sandcastles: pat the contents of the moulds down well with the back of a teaspoon

- the firmer the better – then tip your bath bombs carefully out onto the greaseproof paper.
- 4 Leave them to dry on the greaseproof paper, which will absorb any of the excess oil. In a few hours they will be dry to the touch and ready to use, or leave them overnight for a really firm bath bomb.
  - 5 Pop them in your bath and watch them 'fizzzzz'! Or if you want to keep them, put them in an airtight container to exclude any moisture and they will last for a month or two.

**A WORD OF CAUTION:** this recipe uses citric acid, which is like a form of manufactured lemon juice. Be very careful when using it, as it can irritate your skin and eyes; if you do get citric acid in your eyes, wash it out immediately. Also take care when handling the lavender essential oil, as it is strong and can irritate some people's skin.



THE BATH BOMBS MAKE GREAT PRESENTS: TO FINISH, PUT THEM IN A LITTLE CELLOPHANE BAG TIED WITH A RIBBON.

## MINT

Most of us are familiar with mint for use in the kitchen, with its fresh sweet taste and distinctive aroma. However, used outside the kitchen it is wonderful too. There are several different kinds of mint around that have similar qualities; apple mint, spearmint and peppermint to name a few. Spearmint is stronger than peppermint, and it is peppermint that is more widely used.

When planting mint, watch out as it spreads via its roots and can soon

take over a plot. It is best to grow it in a container sunk into the ground to stop it spreading or drying out, as it also likes moist conditions. If your plant does take over, late summer is the time to chop it back and use it fresh, or dry it for winter use; you can never have enough mint in the home.

Peppermint is classified as a carminative, which means it relieves intestinal wind, hence its use as a digestive aid. Just pop a few fresh or dried leaves in a mug and pour boiling water over them, perfect to drink after you have eaten a rich meal. >>







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Due to its menthol content mint has a cooling effect, so it's good for easing hot, tired feet and itchy skin by putting a handful of leaves in a footbath (see Lavender footbath). To refresh your face in the summer, try making your own a facial mint spray: just pour some boiling water over a handful of leaves, let this infusion cool, then put it in a spray bottle to use when needed. As mint contains tannins and is antibacterial, your spray will also tone your skin, helping to restore elasticity, tighten pores and reduce any redness.

## mint lip balm

This lip balm will make a wonderfully soothing balm to use over the summer months: the smell of mint on the lips is refreshing and the cocoa butter in the balm nourishes dry lips. if you don't want to make your own mint oil, use plain sunflower oil along with a few drops of mint essential oil or natural mint food flavouring instead.

### WHAT YOU NEED

- 25ml homemade mint oil or sunflower oil
- 9g beeswax
- 12g cocoa butter
- 4 drops of peppermint essential oil, or natural oil based mint food flavouring (only needed if you have used plain sunflower oil)
- Small, clean pot with lid that will hold approximately 50ml
- Small pan, with a lip if possible
- kitchen paper for wiping up any excess balm mix

**1** Put the mint oil or sunflower oil, beeswax and cocoa butter in a small pan and gently heat until all the ingredients have melted. It is very important to do this gently and slowly; do not simmer at any point.

**2** Once the mixture has melted, take it off the heat and add the essential oil or food flavouring if



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you have used plain sunflower oil.

**3** Now pour the mixture into your pot, put the lid on and leave to cool for 30 minutes. An important note: if you spill any of the mixture, use kitchen paper for wiping it up,

and wipe your pan with kitchen paper before washing. Do not pour down the sink, as beeswax can block the pipes as it hardens.

**4** Once cooled, label and use. That's it – it really is super easy!

### LIPBALM VARIATIONS

- If you want a shinier, glossier lip balm, replace the mint or sunflower oil with avocado or castor oil.
- If you want a more healing lip balm, use homemade marigold oil instead of mint oil.
- If you want to make a nourishing

hand balm, just follow this recipe and add homemade rose petal oil instead of the mint – it will smell divine.

- If you want a lip balm for cold sores, replace the mint oil with lemon balm oil (*melissa officinalis*), which is antiviral.

# Putting on more than you are taking off?

Reaching for a wet wipe at the end of the day is part of many women's daily skin care regime. We sleep soundly thinking we have wiped our face clean of all the foundation, blusher and mascara that we put on that day. But what if that trusted square of material actually wiped on to your skin as much as it was wiping off?

Conventional cleansing wipes might remove your makeup, but many contain a host of harsh chemicals such as parabens, synthetic fragrances, formaldehyde and harsh foaming ingredients which have been linked to irritation. An essential step in your beauty regime may be compromising your skin.

Natracare cleansing make-up removal wipes made from only the very best organic and natural ingredients first and foremost to take care of your skin. The soft, certified organic cotton wipes are gentle but effective, designed to remove waterproof mascara and lipstick. The high-quality organic cotton wipes are infused with the organic essential oils of almond, apricot and chamomile, which work

together to leave your skin moisturised, cleansed and refreshed naturally.

Certified to the COSMOS organic standard, the Natracare cleansing make-up removal wipes have the highest organic seal of approval. Formulated for sensitive skin, the wipes are dermatologically and ophthalmologically tested and are free from all the types of ingredients women have ever been concerned about putting onto their skin!

Natracare products are never tested on animals nor do they contain any animal ingredients or raw materials processed with any animal products, making the Natracare cleansing, make-up removal wipes suitable for vegans and they are Vegetarian Society approved.

Unlike conventional wipes, the use of ingredients derived from only natural, renewable and sustainable resources means Natracare wipes are biodegradable and compostable and leave a soft footprint on the skin and on the earth.



Synthetic free and fragrance free, Natracare cleansing make-up removal wipes are an essential part of a worry free skin care regime. RRP £3.99

natracare   
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## TONER

**GOLD** Orange Blossom

Hydrolat, £14.99,

[conscious-skincare.com](http://conscious-skincare.com)

'I found this toner really refreshing, loved the scent and it's great to know that it's all organic too.'

**SILVER** Active Rejuvenating

Skin Toner, £24.95,

[ayurvedapura.com](http://ayurvedapura.com)

**BRONZE** Facial Therapy

Rose Face Toner, £6.95,

[nutsaboutnature.co.uk](http://nutsaboutnature.co.uk)



## CLEANSER

**GOLD** Clean

Sweep, £21.40,

[angelalangford.com](http://angelalangford.com)

'I've only just discovered this brand and I'm hooked. This cleanser is wonderfully light yet effective. Felt quite spoilt using it. Looking into the rest of the products now.'

**SILVER** Sweet Orange

Cleansing CREAM,

£7, [akamuti.co.uk](http://akamuti.co.uk)

**BRONZE** Elena's

Cleansing Tonic,

£12.50, [elenasnaturecollection.co.uk](http://elenasnaturecollection.co.uk)



# skincare

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## FACE MASK

**GOLD** Nectar

Bright Brightening

Exfoliation Mask,

£27, [melvita.co.uk](http://melvita.co.uk)

'This visibly illuminated my tired, dry complexion. I felt renewed and refreshed after using and I love this brand.'

**SILVER** Spa treatment

in a Box, £20,

[myvitabella.co.uk](http://myvitabella.co.uk)

**BRONZE** French Clay

and Seaweed Creamy

Face Mask, £16.30,

[organicbotanics.com](http://organicbotanics.com)



## FACIAL SCRUB

**GOLD** Facial Puff with French Green Clay, £7.99,

[konjacspongecompany.com](http://konjacspongecompany.com)

'I wasn't sure about this when I first opened the package – I thought it'd be harsh on my delicate skin but it's actually so soothing and gentle.'

**SILVER** Pure Active Peel, £50, [doublezeroone.com](http://doublezeroone.com)

**BRONZE** Watermelon and Citrus Facial Sugar

Scrub, £18.95, [ednebenatural.co.uk](http://ednebenatural.co.uk)



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[www.douvalls.com](http://www.douvalls.com)

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## EYE CREAM

**GOLD** Reviving Eye Cream, £4.95, [skinblossom.co.uk](http://skinblossom.co.uk) 'I love using this eye cream which is packed with a special blend of green tea, eyebright and buckwheat extract. Really soothed skin and reduced puffiness.'

**SILVER** Lumafirm Eye Contour Lift and Glow, £68, [pevoniauuk.com](http://pevoniauuk.com)

**BRONZE** Smoothing Eye Serum, £21, [barefoot-sos.com](http://barefoot-sos.com)



## NIGHT MOISTURISER

**GOLD** Propolis Ultra Radiance Cream, £35, [therapi.com](http://therapi.com)

'Wow, I love everything about this product from the rich moisturising cream to the company ethics.'

**SILVER** Reviving Renewal Night Cream, £14.99 [urbanveda.co.uk](http://urbanveda.co.uk)

**BRONZE** Face and Body Lotion, £10.40, [ishiso.com](http://ishiso.com)



## FACIAL OIL

**GOLD** Pink Lotus and Jasmine Facial Elixir, £23.45, [organicbotanicals.com](http://organicbotanicals.com)

'This is highly nourishing, has a wonderful scent and is organic. So soothing for my skin too.'

**SILVER** Super Oil Serum, £90, [willoworganicbeauty.com](http://willoworganicbeauty.com)

**BRONZE** Balancing Face Oil with Chia and Blackseed, £36, [kadriaskincare.com](http://kadriaskincare.com)

# skincare

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## SERUM

**GOLD** Rejuvenating Facial Serum, £13, [celtic-herbal.co.uk](http://celtic-herbal.co.uk)

'I found this gorgeous serum deeply nourishing for my skin. It's packed with rosehip, pomegranate and evening primrose oils and smells great.'

**SILVER** A Little Lift, £26.55, [angelalangford.com](http://angelalangford.com)

**BRONZE** Radiant Skin Facial Serum, £16.95, [misspolly.co.uk](http://misspolly.co.uk)



## DAY MOISTURISER

**GOLD** Mallow Beauty Balm, £14.50 [herbfarmacy.co.uk](http://herbfarmacy.co.uk) 'This facial balm has marshmallow and mullein in it for a natural anti-wrinkle effect. My skin felt deeply nourished.'

**SILVER** Native Intense Oleo Active Moisuriser, £48, [livenative.com](http://livenative.com)

**BRONZE** Replenishing Moisture Cream, [kosmea.com](http://kosmea.com)

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## LIPSTICK/LIPGLOSS

**GOLD** Pure Glam Lipgloss, £12, [glamc2.co.uk](http://glamc2.co.uk)

'Long lasting and fabulous colour from a vegan product that's packed with natural oils and ingredients.'

**SILVER** Natural Lipstick, £8.99, [lilylolo.co.uk](http://lilylolo.co.uk)



## TINTED MOISTURISER

**GOLD** Rose Nectar BB Cream, £25, [melvita.co.uk](http://melvita.co.uk) 'I didn't know make-up could be this luxurious. The coverage is great and it feels silky smooth and the smell is divine.'

**SILVER** Madara Moonflower Rose-Beige Tinting Fluid, £23, [mypure.co.uk](http://mypure.co.uk)

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# makeup

## CONCEALER

**GOLD** Multi Active Pencil Concealer, £14, [greenpeople.co.uk](http://greenpeople.co.uk) 'The pencil enables me to get perfect coverage for dark circles under my eyes. It's organic and feels soothing and calming to red patches too.'

**SILVER** Mineral Concealer, £7.99, [lilylolo.co.uk](http://lilylolo.co.uk)



## BRONZER

**GOLD** Mineral Bronzer, £13.49, [lilylolo.co.uk](http://lilylolo.co.uk) 'Love the effect of this skin enhancing mineral bronzer.'

**SILVER** Bronzer, £13, [glamc2.co.uk](http://glamc2.co.uk)



## FOUNDATION

**GOLD** Mousse Make-up, £12.90, [lavera.co.uk](http://lavera.co.uk) 'Light, easy to apply and gives immaculate coverage.'

**SILVER** Bare Minerals Original SPF Foundation, £25, [bareminerals.co.uk](http://bareminerals.co.uk)



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## NAIL POLISH

**GOLD** Nail Polish in Wild Orchid, £6.95, [benecos.co.uk](http://benecos.co.uk)

'Vibrant, rich colour that stays well. It's free from formaldehyde and toluene.'

**SILVER** Mavala Sapporo Polish, £4.75, [purepr.com](http://purepr.com)



## MASCARA

**GOLD** Lengthening Mascara, £14.50, [natorigin.co.uk](http://natorigin.co.uk) 'Strengthening and lengthening this is great even for my sensitive eyes.'

## EYELINER

**GOLD** Natural and Organic Pencil Liner, £9.95, [phbethicalbeauty.co.uk](http://phbethicalbeauty.co.uk) 'Good colour, non-smudging and handmade in the UK with plant oils.'

**SILVER** Natural Eye Pencil, £6.99, [lilylolo.co.uk](http://lilylolo.co.uk)

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# makeup



## EYE SHADOW

**GOLD** Powder Eyeshadow, £15, [natorigin.co.uk](http://natorigin.co.uk) 'Made with argan nut shells and pomegranate and in a range of colours this is a fab addition to a natural make-up bag.'

**SILVER** Pressed Eye Shadow, £7.99, [lilylolo.co.uk](http://lilylolo.co.uk)



## LIPBLAM

**GOLD** Orange Lipbalm, £3.89, [fairfieldgardens.co.uk](http://fairfieldgardens.co.uk) 'Made in the UK with natural ingredients, this softens and moisturises dry lips.'

**SILVER** Hurraw Ayurveda Lipbalm, £3.99, [mypure.co.uk](http://mypure.co.uk)



# A guide to baby massage

Natural baby care expert and founder of Mumma Love Organics, **Samantha Quinn** shares her love of baby massage with Green Parent mums



**T**ouch is a baby's very first language! By making baby massage part of your routine together, it can help babies with sleep, wind, colic, bonding and relaxation. Massaging raises levels of the 'feel-good' hormone oxytocin in both you and your baby, helping you both feel calmer and relaxed, which can also help with breastfeeding – another bonus!



## Baby massage can be as simple as you like. The basic things you will need are:

- A clear space. Your bed is often an ideal position, with a soft towel underneath baby.
- A good quality, gentle massage oil. Mumma Love Organics massage oil has been specially formulated to closely resemble the natural PH balance of baby's skin so it's perfect for little ones. Warm it slightly by pouring into your hand and rubbing your hands together, so that it is pleasant when you touch baby's skin.
- Nappy change items for after the massage.
- A great time of day for a massage is after bath and before bed as part of a bedtime wind-down.

## You don't need to be a qualified masseur, all you need is to learn a few basic tips:

- Talk to your baby - let her know what you are doing, eg: I am going to gently stroke your leg.
- Keep your motions slow and gentle and be mindful of your hands at all times. If your baby does not like to be touched on a certain body part, be respectful of that.
- Play soft music to help your baby to relax, and dim the lights too.



[www.mummaloveorganics.com](http://www.mummaloveorganics.com) holds a full range of video demonstrations to try.

## BODY CREAM

**GOLD** Grapefruit Lemon and Cedarwood Body Butter, £18.99, [conscious-skincare.com](http://conscious-skincare.com)

'This is organic and uses fair trade ingredients. It smells like heaven and is easy to apply. Absorbs and moisturises well.'

**SILVER** Bare £13.50, [bellaj.co.uk](http://bellaj.co.uk)

**BRONZE** Super Rich Body Butter, £14.99, [organicsurge.com](http://organicsurge.com)



## BODY OIL

**GOLD** Tranquility

Body Oil, £30,

[neomorganics.com](http://neomorganics.com)

'Pure luxury in a tall glass bottle. Use before bed for the ultimate relaxing treat.'

**SILVER** Flora Paradiso De Stress Massage and Body Oil, £38, [bodhi.uk.com](http://bodhi.uk.com)

**BRONZE** Oil Arganic, £24.99, [tanorganic.com](http://tanorganic.com)



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# body & bath



## BODY SCRUB

**GOLD** Nahrin Body Scrub, £3, [justuk.net](http://justuk.net) 'This is a really effective exfoliator, especially when used in the shower. Skin feels toned and cleansed.'

**SILVER** Zesty Body Scrub, £14, [melvita.co.uk](http://melvita.co.uk)

**BRONZE** Refreshing Body Polish with Wild Cedarwood and Seasalt, £20, [circaroma.com](http://circaroma.com)



## BATH TREAT

**GOLD** Fragrant Tranquility Bath Salts, £8.50, [akamuti.co.uk](http://akamuti.co.uk)

'Soothing and incredibly fragrant, these salts melt away cares and worries in an instant.'

**SILVER** Unwinding Bath and Shower Gel, £30, [blendcollective.co.uk](http://blendcollective.co.uk)

**BRONZE** De stress Luxury Bath Oil, £8.50, [tisserand.com](http://tisserand.com)

# FAIRFIELD GARDENS



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AWARDS 2014  
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## SHOWER GEL

**GOLD** Stress Away Shower Gel, £10, [pevonaiuk.com](http://pevonaiuk.com) 'A rejuvenating fresh start to every day; the scent is uplifting and I feel ready to face anything.'

**SILVER** Exhilarating Shower Gel, £9.50, [oleobodycare.co.uk](http://oleobodycare.co.uk)

**BRONZE** Orange Blossom and Honey Bodywash, £5.95, [coconutblush.co.uk](http://coconutblush.co.uk)



## HANDCREAM

**GOLD** Gardeners Life Handcream, £9.99, [elixirsoflife.co.uk](http://elixirsoflife.co.uk) 'A handmade product with only natural ingredients that is readily absorbed by the skin and super effective.'

**SILVER** Nourishing Ultra Rich Hand and Footy Cream, £18.95, [smithsofersey.com](http://smithsofersey.com)

**BRONZE** Handprint Hand Serum, £21.50, [sparitual.co.uk](http://sparitual.co.uk)

# body & bath



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## DEODORANT

**GOLD** Salt of the Earth Rock Chick, £4.96, [crystalspring.co.uk](http://crystalspring.co.uk) 'Great packaging and really effective product, plus the fact that there are no nasties make this a no brainer.'

**SILVER** Fresh Cream Deodorant, £5.90, [moogooskincare.co.uk](http://moogooskincare.co.uk)

**BRONZE** Fresh Kidz, £2.99, [wekeepitkind.com/uk](http://wekeepitkind.com/uk)

## SOAP

**GOLD** Orange And Oatmeal Soap Bar, £4.95, [sedbergh-soap.co.uk](http://sedbergh-soap.co.uk) 'A fresh, uplifting scent in a wonderfully softening and soothing bar – perfect!'

**SILVER** Shea Luxury, £3.95, [allnaturalsoap.co.uk](http://allnaturalsoap.co.uk)

**BRONZE** Lavendar and Lemon Handmade Natural Soap, £3.95, [purethoughts.co.uk](http://purethoughts.co.uk)

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## NAPPY CREAM

**GOLD** Happy Baby, £25, [beyondskincare.co.uk](http://beyondskincare.co.uk) 'Delicious buttery cream that soothed any irritation and protected skin. Great for sensitive bottoms.'

**SILVER** Bumfluff Nappy Balm, £10.50, [organicmonkey.co.uk](http://organicmonkey.co.uk)

**BRONZE** Greenabalm Calm, £7, [greenabubs.co.uk](http://greenabubs.co.uk)

## BABYOIL/LOTION

**GOLD** Super Baby Oil, £14, [soothe-me.com](http://soothe-me.com) 'Really healing for patches of dry skin, this is handmade with cold pressed oils.'

**SILVER** Baby's Rub-a-bye Body and Scalp Oil, £6.99, [sheamooti.co.uk](http://sheamooti.co.uk)

**BRONZE** Baby Bare Conditioning Body Butter, £11.50, [barebodycare.co.uk](http://barebodycare.co.uk)

# children

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## BUBBLEBATH

**GOLD** Bubbles and Cuddles Bubble Bath, £7.50, [pittapatta.com](http://pittapatta.com) 'Smells great, is deeply soothing and had gem essences to help children accept who they are. Wow!'

**SILVER** Bath Bubbles, £9.75, [sedbergh-soap.co.uk](http://sedbergh-soap.co.uk)

**BRONZE** Organic Aloe and Rosehip Calming Bath and Baby Wash, £8.95, [theaskincare.com](http://theaskincare.com)



## CHILDREN'S SHAMPOO

**GOLD** Pure Jojoba and Chamomile 2 in 1 Baby Shampoo, £8.95, [theaskincare.com](http://theaskincare.com)

'Gentle, yet effective; I like that the ingredient list is so sparse.'

**SILVER** Berry Smoothie Shampoo, £8.50, [greenpeople.co.uk](http://greenpeople.co.uk)

**BRONZE** Calendula Shampoo and Bodywash, £6.95, [weleda.co.uk](http://weleda.co.uk)



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# pregnancy



## PREGNANCY BATH PRODUCT

**GOLD** Happy Mama

Head to Toe Wash, £9.95,

[earthmamaangelbaby.co.uk](http://earthmamaangelbaby.co.uk)

'I love that the ginger in this body wash helped me feel sane every morning. Would recommend unreservedly.'

**SILVER** Organic Argan

Oil Moisturiser, £25,

[douvalls.com](http://douvalls.com)

**BRONZE** Blissful Tincture,

£16.99, [naturalbirthingcompany.co.uk](http://naturalbirthingcompany.co.uk)



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## MASSAGE OIL

**GOLD** Super Moisturising Body

Oil, £24.50, [balanceme.co.uk](http://balanceme.co.uk)

'Watched stretch marks melt away after two weeks of using this gorgeous oil regularly.'

**SILVER** Stretch mark Defence Body

Oil, £14, [bloombumpandbaby.co.uk](http://bloombumpandbaby.co.uk)

**BRONZE** Nurture Pregnancy

Oil, £33, [tri-dosha.co.uk](http://tri-dosha.co.uk)

## How to Blossom During Pregnancy

**Nurturing a developing baby within your body is one of the most amazing times of life. Here are some ideas from Brigitte Mars to help you on your journey**

Ideally, you should look to change and improve your diet before pregnancy. Do your best to make your surroundings pleasant and avoid stress by cultivating a calm lifestyle. Spend time observing the wonders of nature. Take long walks, learn prenatal yoga, garden, engage in activities that are healthful and uplifting. Exercise will help you be in shape for the birth and help you to recover more quickly.

Talk to your baby and massage your belly. Find someone in your area who knows how to do prenatal massage and enjoy the benefits it has to offer. You can also use

vegetable oil such as coconut oil on your body to help prevent stretch marks. Be sure to oil the perineal area the last three months of pregnancy so your skin will be supple and stretch during the delivery.

To nurture your body inside and out you should also pay close attention to your nutrient intake. Pregnant women need twice the amount of folic acid recommended to other people. Folic acid has been found to help prevent neural tube defects. It is present in foliage, so be sure to consume lots of green leafy vegetables.

Dandelion is one of the earth's most useful weeds. The leaves

contain many vitamins and minerals.

Ginger warms the digestive organs, supports digestive secretions, and helps maintain healthy digestion of starches and fatty foods.

Red Raspberry is considered a supreme tonic for pregnant women as it helps tonify the uterus while nourishing the mother and the growing baby. It can equally be used after birthing, to help support the mother during post birth changes and to support the healthy production of mother's milk.

**Brigitte is an herbalist and nutritional consultant with over forty years experience**  
- [brigittemars.com](http://brigittemars.com)



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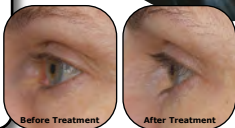


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## HAIR TREAT

**GOLD** Oat Replenishing Treatment, £11.50, [weleda.co.uk](http://weleda.co.uk) 'Nutritious and nourishing, this is the haircare treat needed after a swim or colouring treatment. Brought back body, shine and vitality to my hair.'

**SILVER** Naturalmente Fennel and Geranium Deep Hydrating Treatment, £9, [naturalmenteuk.co.uk](http://naturalmenteuk.co.uk)

**BRONZE** Deep Conditioning Treatment, £9.95, [louisegalvin.com](http://louisegalvin.com)



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# haircare

## CONDITIONER

**GOLD** Moisture Boost Conditioner, £5.99, [organicsurge.com](http://organicsurge.com) 'The scent of citrus and thyme lasts long after my hair has dried. Hair feels silky and shiny after use.'

**SILVER** Bioorganics Remoist Now, £12, [lovelula.com](http://lovelula.com)

**BRONZE** Natrin Hair Conditioner, £13, [justuk.net](http://justuk.net)

## SHAMPOO

**GOLD** Rosemary and Nettle Shampoo £9.75, [oleobodycare.co.uk](http://oleobodycare.co.uk) 'Smells fabulous and leaves hair feeling strong and really clean. Feels really restorative and healthy.'

**SILVER** Odylique Gentle Herb Shampoo, £11, [essential-care.co.uk](http://essential-care.co.uk)

**BRONZE** Revitalising Natural Shampoo, £15.95, [ayurvedapura.com](http://ayurvedapura.com)

## A Closer Look at Sodium Lauryl Sulphate

**Tina Skinner** highlights an ingredient to avoid in products

Sodium lauryl sulphate is actually an ester of sulphuric acid.

SLS is a common ingredient in industrial detergents like car wash soap, engine degreasers and floor cleaners - mostly thanks to its supreme oil-stripping powers and low cost. It's surprisingly (or worryingly!) common in skincare products.

### Why do skincare companies use Sodium Lauryl Sulphate (SLS)?

Why would anyone use a chemical used for cleaning factory floors in shampoos or shower gels? Good question! The first reason is that SLS produces a good lather - or in other words, SLS is very good at making lots of foam and bubbles. Because consumers think lots

of bubbles means a cleansing product is doing a good job, cosmetic companies load-up skincare products with SLS. Of course, Sodium Lauryl Sulphate is cheap and readily available too.

SLS can also be a severe irritant to people with skin conditions like eczema and psoriasis. As with all chemicals, the more often you use products that contain SLS, the higher the chance that your skin will react and start to become dry, itchy and sore. So if you use several products each day that include SLS or regularly have long soaks in an SLS-infused bubble bath, you could be doing your skin more harm than good. More info at [adorenaturals.co.uk](http://adorenaturals.co.uk)

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to view the complete range  
Or Call: 01590 670 483

## VITAMIN

**GOLD** BioLife AgeGard, £13.96, [lifestylenaturalhealth.co.uk](http://lifestylenaturalhealth.co.uk) 'My facial skin looked noticeably brighter and I had a more even complexion after taking this supplement for three weeks. Contains anti-oxidents, CoQ10 and collagen as well as other active ingredients.'

**SILVER** Green Beauty £32.95, [greenpeople.co.uk](http://greenpeople.co.uk)

**BRONZE** Skin Blemish Phials, £18, [melvita.co.uk](http://melvita.co.uk)



## SUN PROTECTION

**GOLD** Earth's Best Baby Mineral Sunblock, £9.99, [jasonnaturalcare.co.uk](http://jasonnaturalcare.co.uk)

'Caused no irritation to my baby's sensitive skin and kept all the kids protected all day long with frequent applications. Definitely recommend'.

**SILVER** Sun Spray £11.95, [pravera.co.uk](http://pravera.co.uk)

**BRONZE** SUN LOTION, £18.95, [greenpeople.co.uk](http://greenpeople.co.uk)

# best of the rest

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## TOOTHPASTE

**GOLD** Basis Sensitive Toothpaste, £4.45, [lavera.co.uk](http://lavera.co.uk) 'Free from fluoride, this toothpaste gets my family's vote. Delicately flavoured but not off-putting for two young kids. Felt fresh and clean after use.'

**SILVER** Kids Only Strawberry Toothpaste, £3.99, [jasonnaturalcare.co.uk](http://jasonnaturalcare.co.uk)

**BRONZE** Calendula Toothpaste, £4.50, [weleda.co.uk](http://weleda.co.uk)



## SCENT

**GOLD** Eau de Philae, £22.50, [inlight-online.co.uk](http://inlight-online.co.uk) 'Created from an ancient Egyptian recipe this eau de cologne is fresh, light and uplifting. Great way to start the day.'

**SILVER** TISSERAND Inner Harmony Melissa Perfume Roll-on, £9.99, [boots.com](http://boots.com)



## BEAUTY RETAILERS

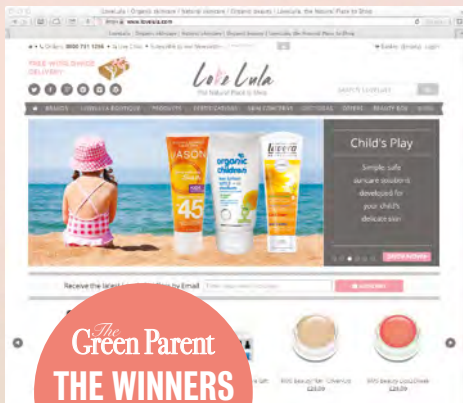
**GOLD** [Lovelula.co.uk](http://Lovelula.co.uk)

Each of the brands at [Lovelula.co.uk](http://Lovelula.co.uk) are hand-picked and tested: they choose products that are created using only the highest grades of ethically sourced natural and organic ingredients and they must be effective and luxurious. Working with over 100 global brands they offer an up-to-date range of products, including skincare, bath products, makeup, haircare and baby care, along with expert personal service and the high standards of customer care. Their philosophy is 'beauty for life'. The LoveLula team is made up of a small group of beauty therapists, make-up artists and industry specialists who test and evaluate every product before including it in their collection. We love the ease of use of their site, the stylish design, the wide selection of handpicked products and the boutique section of the website for up and coming brands.

**SILVER** [Biggreensmile.co.uk](http://Biggreensmile.co.uk)

**BRONZE** [Lucyroze.biz](http://Lucyroze.biz)

# online



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## A MONTHLY DOSE

**A Beauty Box subscription gives you a selection of products delivered to your door every month. With some you get the chance to choose, others are a lucky dip of natural brands for you to try. Here are our favourites.**

**[souksouk.co.uk](http://souksouk.co.uk)**

Inside Souk Souk's little green beauty box there are five natural products each month and a small green magazine. In the last box subscribers received nail polish, Spa Ritual hand serum, Essential care replenishing cream, soap and Mistral body lotion. Cost £12 plus p&p per month.

**[lovemebeauty.com](http://lovemebeauty.com)**

At Love Me Beauty you get to choose between two product selections for your monthly box. You receive 1-2 full sized products and 3 travel sized items. Cost £10 plus p&p per month.

**[birchbox.co.uk](http://birchbox.co.uk)**

The latest box at Birchbox offers 4 or 5 goodies from a selection including Aromatherapy Associates, Liz Earle and Laura Mercier. The website is easy to use. Cost £12.95 plus p&p per month.



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**NATorigin lengthening mascaras** were winners in the 2011 awards and this year have reclaimed the title having **won** the **Best Mascara** in the 2014 Green Parent Natural Beauty Awards.

**NATorigin powder eye shadows** were launched earlier this year and are 100% natural and certified organic. With ultra-micronised shells of organic argan nuts and enriched with extracts of pomegranate they have **won** the title of **Best Eyeshadow**.



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