



# Maximize Your Natural Beauty

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## This Month's Natural Beauty Tip

Put just one drop of oregano oil on age spots. It will sting and turn a bit red, but do this daily and watch them lighten dramatically. Some will completely disappear!

## STRESS – can your cosmetics be adding to your load?

There is a lot of information in the news currently about what stress can do to your body as it relates to internal health. We also know what external environmental toxins can do to stress our bodies internally and externally.

My focus for this article is to think instead about what we are putting on our faces, bodies and hair that may be adding stress to our lives indirectly.

Talc, propylene glycol, methylparaben, propylparaben and other common ingredients found in cosmetics, skin care and shampoos are in the spotlight as those on both sides debate the safety issues regarding these ingredients.

There is no debate when it comes to the advantages these ingredients offer in respect to ease of use and application. These advantages cannot be denied. However, the debate begins when the ingredients listed above, and others, are looked at from a user-safety standpoint.

As the debate continues, I believe it is very important to consider how these ingredients can add stress to our lives. This “stressor” may be an area you have not thought of before. But, logically there can be no denying that if what we are using on our external bodies is in any way harmful to us then it is adding stress not only externally, but internally also. Anytime your body has to deal with something that is not naturally based certain body systems have to work overtime to try and eradicate the harm.

I am very aware that it is quite impossible to stay away from all such stressors. I am also aware, though, that there are some simple steps you can take that will protect your body from having to deal with more than is necessary.

1. Learn to read the ingredient lists on products.

Although some botanical names are hard to recognize, with a little practice, you should be able to decipher fairly easily between those additives that are

chemical and those that are botanical.

2. Look for ingredient lists that are short.

This may sound too simplistic, but in reality, those products with long ingredient lists generally mean that are more “things” in them than you want or need.

3. Try to purchase products that do not have preservatives.

Although this will mean the shelf-life of your products will be shorter – you should be applying the same reasoning to preservatives in your beauty products as you do with food. Food that has a long shelf life is never as nutritionally supportive as food that will spoil rather quickly.

Begin thinking of your beauty products as nutrition for your skin. Each product you choose to put on your skin is either feeding it, or smothering it with ingredients it cannot use. If you are smothering it, that, in essence becomes starving it – which will add stress to your body. Put your skin on a healthy diet today!