



Maximize Your Natural Beauty

This Month's Natural Beauty Tip

Studies have shown that your skin needs about 30 minutes of natural sunlight a day sans sunscreen. Not only will your skin produce melanin for a hint of copper color – more importantly – the vitamin D from the sun will help protect your bones!

June, 2008 Volume 1, Number 9

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What is Natural vs. Organic?

What is the difference between natural skin care products and organic skin care products? Natural means using ingredients that are in nature, such as herbs, essential oils, roots and flowers. Alone these ingredients cannot do much for your skin. When was the last time you took a handful of some rose petals and smeared them on your face? However, when one or more of these great ingredients are combined with naturally occurring carrier agents, preservatives, surfactants, humectants or emulsifiers the skin benefits from the qualities, herbs, essential oils, roots and flowers have. So, a definition of natural skin care products would be: the use of botanically sourced ingredients without synthetic chemicals manufactured in such a way as to preserve the integrity of the ingredients.

Organic skin care products are simply natural skin care products whose ingredients have been produced with out the use of chemically formulated fertilizers or pesticides. In order to be able to put “organic” onto any consumer product, producers must follow very stringent guidelines and rules regulated by the government.

(Just an added note: now that you know the difference between natural and organic you can apply the same

definition to food, cleaning products, pet supplies and everything else.)

The choice is up to you. Do you go natural or take the next step and go organic? To give your skin the purest possible products to benefit your choice should be organic. However, since organic products are generally more expensive if you are just beginning to explore moving from non-natural to natural/organic skin care products - you may want to start with natural. You will definitely reap great skin rewards using natural skin care products instead of chemically loaded skin care products.

Since these natural or organic ingredients are available to all of us, many people make their own skin care products at home.

Please remember that if you are purchasing natural or organic skin care products...or if you choose to make your own... you must exercise extra caution when storing these products. Without preservatives they are much more susceptible to spoiling from heat and humidity. They will also interact with plastic and metal containers in less than desirable ways. Whenever possible store these products in glass bottles or jars and refrigerate them between uses if you

live in a very hot and/or humid climate, or if you are not going to use the product up within a six (6) month period.

Although there are some overblown reports of results from natural and organic ingredients there is scientific proof for the benefits from many of these ingredients. Here are just a few.

Chamomile has shown healing and anti-inflammatory properties.

Shea Butter can help with psoriasis, eczema, stretch marks and dermatitis.

Honey is perhaps the most powerful antioxidant and antimicrobial there is.

Strawberries offer balance to the skin because of their acidic properties.

Plain Yogurt firms and tightens the skin along with normalizing oil production.

Cinnamon increases circulation thus promoting healing. Along with promoting healing it eases muscle pain.

Aloe Vera heals burns and skin wounds. Try it as a gel to style your hair!

You can find homemade recipes using these and other wonderful ingredients at www.bridges2beauty.net Click on the homemade recipes link. Start treating your skin to a healthy diet today!