



Maximize Your Natural Beauty

July, 2008 Volume 1, Number 11
Bridges to Beauty, Ltd
caring@bridges2beauty.net
www.bridges2beauty.net

This Month's Natural Beauty Tip Mix a little henna powder and almond oil together in a small bowl. Using a small makeup brush (like an eyebrow brush) apply the mixture evenly to your fingernails. Let it sit for a minute or so and then blend and buff your nails with a soft, clean cloth or a nail buffer. Your nails will be a light shade of red and have a beautiful shine. Explore other color possibilities like rattanjot for lavender to purple shades; paprika for peach to salmon shades or beet root for muted pink to red shades. The amount of powder used will determine the depth of color.

We Are What Our Skin Eats...Feed it Well!

Last month I talked about the many reasons to choose organic skin care products and cosmetic along with some of the idiosyncrosies of organic products. This month I want to concentrate on a handful of lines that I have researched, used and endorse - not only from an organic standpoint, but also in terms of how they benefit your skin. I will look at skin care lines first and then finish with cosmetics.

Juice Beauty: First off, I LOVE the name! It is fun, fresh and tells me something about their products. Every product has a base of organic fruit juices and thorough, solid research behind the ingredients included in each product. As I write, I have the Green Apple Peel on my face which helps to exfoliate and improve skin tone and texture. Using powerful antioxidant technology their product ingredients include red raspberries, white grapes, green apples, lemon, mango, raw cane sugar, honey, coconut oil and much more. None of their products use pesticides, parabens, petroleum propylene, glycol derivatives or harsh surfactants. Priced reasonably, they offer a complete line of products that are great for your skin and gentle on the environment to choose from. Visit them at: www.juicebeauty.com or call them at 415.457.4600.

Aguacate and Co.: What is the meaning of this name and how do I pronounce it, you may be asking? I

would invite you to visit their website www.aguacateandco.com for a fascinating, informative explanation. Their line provides simple, elegant organic products to meet your skin care needs. Because your skin is your largest organ Aguacate and Co. feel it is extremely important to provide wholesome skin care products. Again, they do not use any toxic ingredients and their entire line is safe for pregnant women. No company can ever brag that their products are completely non-allergenic, but their products are a great choice if you have allergies or sensitivities to ingredients generally found in skin care products. They pride themselves on being a green company.

Lily Organics: This line is made here in Colorado and uses only certified organic ingredients. They use no chemical additives and are kind to your skin AND the environment. Their products are great for sensitive, or compromised skin. The Seven Essential Rejuvenating Oils product is wonderful for mature skin. You can read about some of their customers experiences along with getting other information on their products at www.lilyorganics.com/testimonials.asp. Additionally, I carry the Lily Organics line. You can call at 303.503.9550 or email me at carin@bridges2beauty.net

Mychelle Dermaceuticals: This is another Colorado based company. It carries both great skin care products and

cosmetics. I love this line because each product is formulated to work synergistically with the others. The term dermaceutical is included in the company's name because each product is backed by scientific technology. Although the line is a bit pricey, it is worth every penny you will spend. Products such as NO-TOX Anti-Wrinkle Serum and Supreme Poly Peptide Cream work wonders on dry skin or mature skin. Be sure to check all their choices out at: www.mychelleusa.com

Miessence: Available only online, Miessence carries both skin care and cosmetics. Their patented cold formulation protect the integrity of the ingredients they use. Their cosmetic line is very expensive, however, they offer a liquid foundation that offers ease of application. Google Miessence to find the independent distributor that is right for you.

Earth's Beauty: Their use of minimal ingredients means that their products are available in loose powder form only. Their base is an organic/wildcrafted arrowroot which gives all their cosmetics a great bodied base. Visit them at www.earthsbeauty.com

Suncoat: Offering one of the only water-based, quick dry nail polish based on an innovative technology, this company helps fill in the gaps for products other organic cosmetic company's don't have. With products like their sugar-based hairspray, mascara and liquid eye-liner you have to check them out at www.suncoatproducts.com ... ENJOY!