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Rejuvenate skin with Natural skincare by Kent Wrotham

Article published on January 20th 2012 | Health

Skin is the outermost barrier of our body.It is the skin that acts the first line of defence against microbial and environmental insults. Added to this are pollution and chemical cosmetics which take a toll on its wellbeing. It thus becomes important for us to take care of it with natural skincare products to maintain its health and appearance. Natural skincare products comprise naturally derived ingredients like essential oils, herbs,flowers,roots etc for making skincare products. These botanically derived ingredients are used for the production of natural makeup in a such a way as to utilise their properties without the addition of any synthetic or chemical ingredients. Even the carrier or the base, preservatives and emulsifiers are naturally derived.

These products ensure that the skin is not exposed to harsh chemicals which might have instant effects but turn out to be damaging in a long run. Natural makeup maintains the pH balance or the acid base balance of the skin.

Excessively acidic or alkaline products can be injurious to the skin. Natural skincare products do not clog the skin pores and let it breathe. Some even contain vitamins A and E which enhance the growth of skin cells. Ingredients like chamomile have anti inflammatory properties when used topically. Honey is an anti oxidant and has anti microbial properties. It is also an excellent moisture retaining agent. Shea butter is a good moisturiser and emollient. The use of algae for natural skincare has become very popular especially in spas and skincare salons. It clears oily skin by emulsifying the oils on skin surface. Products containing natural vitamin C as in orange and lemon peels and extracts can slow down the aging process of the skin as they help the skin retain its elasticity. This vitamin ensures that the collagen is healthy and thus delays wrinkle appearance. It also speeds up healing of scars .

Natural makeup also constitutes salts and natural mineral derivatives along with essential oils. These are used as make up bases, foundations and concealers .Pigmented minerals and plant derivatives are used for coloured cosmetics like rouge, bronzer, lip colours and eye shadows. These generally have a natural carrier usually a natural wax like jojoba which acts as a vehicle for the other natural ingredients. These Natural Skincare products are not passively benign but also rejuvenate the skin. They enhance healing of damaged skin, provide protection against UV radiation damage by tackling free radical injury, thus are also preventive of skin cancers. They nourish the skin and help increase the turn over of basal cells of the epithelium.

Natural makeup not only enhances the external appearance by coating the skin surface , it also enhances the internal health and glow unlike chemical cosmetics which form a layer over the skin and asphyxiate it in a long run .Natural products let the skin breathe. Thus, natural make up enhance natural beauty rather than layering the skin with artificial chemicals.

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The above description describes a Mineral Makeup methods and how the use of a Natural Makeup enhances beauty as well as benefits the skin with natural ingredients which have anti inflammatory and healing properties.This is in contrast to chemical cosmetics which cause more harm than good to the skin.

Article Keywords:
mineral makeup, natural skincare, natural makeup, natural skin care, organic skincare, party plan, book a party, skin care products, body care products, skincare party plan australia, skin care party plan australia, party plan companies, aloe vera skincar

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