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Benefits of Switching to Organic Cosmetics?

Better for sensitive skin

You've used the same foundation or moisturizer for years with no problems and then suddenly you've got dry rough patches, breakouts or red blotches. Does this sound familiar? You might assume the product changed and companies do change formulas from time to time. But it's more likely what changed – was you.

As we get older, our skin and skin tolerances change, especially tolerances for something we've used over time. When this happens, it's time to consider switching products – and organic cosmetics, with fewer harsh substances than conventional cosmetics, are worth considering. To establish a product's organic credentials, look for products certified by registered bodies like Ecocert www.natorigin.co.uk/Certified-organic.html. Then to find the most non-reactive organic products possible, look for those formulated to specifically exclude not just synthetic allergens, but natural ones as well. These are often referred to as "free-from" products or are called "allergy friendly."

Keeping contacts intact

If you wear contacts, you know how important it is to find eye-make up designed to work with your lenses. You've learned to stay away from clumpy mascaras. You never put anything on the inside rim of your eye (frankly, no one should do this – lens wearer or not). And you ensure that whatever eye makeup you use is labeled "safe for contact lens wearers and sensitive eyes."

But it's not only contact lens wearers who need to be careful about what they put in or near their eyes. Everyone should use makeup deemed 'safe for sensitive eyes.' Why? Because anything from allergies to a common cold can get your tear ducts flowing – and those tears can lead to eyeliner or mascara being leaked from your lashes or lids into your eyes. Organic cosmetics, because of the ingredients and processes they use, are far gentler on the eye and the especially sensitive skin around the eye area than the products from mainstream cosmetics manufacturers.



You'll breathe easier

Most traditional cosmetics use artificial fragrances and there is a growing problem with those chemicals triggering allergies or asthma events. They can even impact the breathing of those around you. Now, some people are more sensitive than others when it comes to smell – even natural scents can give them a headache. So their best bet is to not only go organic but fragrance-free organic. If you'd still like some scent, it's best to go for organic products that use natural fragrances as they are less likely to cause irritant problems.

For more information on organic cosmetics that are also hypoallergenic, free-from and allergy-friendly (and recommended by Allergy UK), check out the information from the NATorigin range and FAQ from Butterflies Healthcare www.natorigin.co.uk/Faqs.html

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Featured article for NATorigin cosmetics and skincare

Website: www.natorigin.co.uk

NATorigin skincare

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