

What Moms Need to Know About **Skincare Products**



Moms Guide To Skincare Products

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Introduction

You buy yourself a batch of expensive beauty products. This time, you swear to yourself, you're going to stick with it, and really take care of your skin.

Before you know it, your husband needs a ride to work because his car broke down and he doesn't have time to wait while you "do your face". Your 3-year-old painted the wall with your \$17 eye shadow crayon and \$37 foundation. Your acne flared up hideously after you used your new expensive coconut oil moisturizer. The dog threw up right when you were finally going to snatch that bubble bath.

And you're just... too... *tired*.. to bother with your `new' skincare routine

You end up that night splashing your face with water and washing it with the kids' pump hand soap. You don't even think of moisturizing. Absent-mindedly, you make it to bed before you realize you forgot all about that expensive night cream you just bought.

If this sounds like you, most likely you're a **normal, everyday mom**. And you're having the same problem with regular skincare that many other busy moms on the go experience.

But take heart – arm yourself with a simple combination of **the right products for your skin and body type**, boosted by a renewed understanding of **what goes on underneath the surface** – and you should be alright. Afterwards, you may actually find that **a small change here and there in your habits** can go a long way towards helping you achieve **beautiful, healthy skin** and a glowing, natural look that is always in season.

Skincare - What It's Really All About

Obsessing about beauty has been going on as long as recorded history. It probably all started when the first cavewoman noticed that the guys paid more attention when she scraped mammoth bits out of her teeth with a fibrous root. And you can bet it was well established when the ancient Egyptians blackened their eyes with kohl, and Indian girls decorated the palms of their hands with henna.

In fact, the first cosmetics consisted of “organic” crushed minerals, ash, or plant juices and dyes. It’s tempting to actually wonder if our ancestors’ cosmetics were healthier than what we choose to put on our skin nowadays.

Sometimes, I’m sure, they were. And sometimes they were worse!

For example, during the 1700’s, the aristocracy got into the habit of painting their faces with a lead-based “foundation”. In their defence, they had no idea lead was so toxic, back then.

And let's face it – beauty is usually what skincare is all about. In spite of today's focus on natural, healthy, eco-friendly living.

Skincare Products – Why?

Beauty in a jar. Instantly. That's what skincare products promise.

They all say the same thing, but time and time again, you are disappointed with less than great results.

The key is to find something that works consistently, and use it over and over for a long period of time.

So we need to address 3 issues here:

- Finding a product you can **trust**
- Finding a product you can **afford**
- Finding something **easy to use** – that gives **results!**

In other words, we need to combine **safe, effective, affordable products** with **a beauty regime you can live with** – one that fits into **your busy, daily routine**.

First, let's look a little deeper than that all-important surface of your skin.

What Is Skin Really All About?

Some facts you may or may not know:

- Your skin's function is not only to protect your muscles and inner organs, but to **eliminate wastes** and **toxins**
- It is composed of **80% water**
- It's the **largest organ in your body**
- It needs to **breathe**

What Healthy Skin Must Have

The basics that your skin needs to thrive?

- Oxygen
- Hydration
- Hormones
- Nourishment

Oxygen

The best way to ensure your skin is breathing properly? Eliminate surface toxins and don't pollute or strip your skin with harsh chemicals and substances. Especially, don't "seal" it.

Solution: It's easy enough to eliminate surface toxins by washing or cleansing at least twice a day – and *particularly* after you've been sweating or exposing your skin to elements like dust or garden soil.

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You don't have to go through a full cleansing routine, if you need to wash more than twice a day. Most of the time, **rinsing your face with tepid water** and **patting it dry** will do the trick in between regular cleansings. (If you have a problem with enlarged pores, splashing your face with *cold* water after the tepid rinse and patting it dry may help "shrink" your enlarged pores.)

- **Don't** over wash with harsh chemicals or drying soaps
- **Don't** compound skin problems by applying skin products without first performing basic cleansing
- **Don't** use harsh chemicals on your skin, period – its PH balance is delicate.
- **Don't** "seal" your skin by applying super-softening products like mineral oil, coconut oil or petroleum based products. Your skin will look fabulous for the first few days – then most likely break out into **acne flare ups, red rashes** and **infections** that are hard to get rid of. (Think "*cleaning up oil spill in ocean*", to give yourself a clearer picture of what sealant-type moisturizers do, when they trap toxins under your skin surface!)

Hydration

We are composed mostly of water – you've heard this before, I'm sure. What happens to a battery when it runs low on water? It loses charge.

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What happens to our brains when our systems run low on water? We feel tired, lethargic, depressed. (We lose charge.)

But what happens to our skin when it lacks hydration? We don't eliminate toxins as well as we're supposed to. Our skin becomes dry and "tired". It is more prone to wrinkling, and ages far more rapidly.

Solution: You're probably not going to like the most basic skin hydration rule of all. It's certainly not state-of-the-art or exciting, and you probably already know what I'm going to tell you:

- Drink 6-8 glass of water a day

But if you're one of those people (like me) who absolutely can't stand water and feel nauseous whenever you make an effort to drink it, I have two tricks that can help:

- *Start small.* If you can't drink 6-8 glasses a day, have a glass of water beside you or near you as you work. Take small sips as often as you can (it goes down painlessly that way!) Don't try to measure your intake, at first. *Not until you're well into the habit of drinking it regularly.*
- Find out if water works better for you at *room temperature* or *chilled*. Many people have been surprised to learn that water they couldn't stand chilled actually tastes better at room temperature – and vice versa

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There are other things you can do to boost good hydration – and that’s what keeps your skin supple and young. These small but important acts include:

- Carrying a small mister in your purse and misting your face
- Being aware you may need extra hydration in winter – or in an air conditioned environment
- Making sure you eat a lot of leafy green vegetables and fruits like watermelon, nectarines, peaches, apples, pears, berries and especially blueberries (if they are local to your area)
- Cutting caffeine from your diet as much as you can – it actually has a diuretic effect! Replace it with quality herbal tea – especially green tea

Drinking water isn’t always the only source of, well, water. But one final word of caution:

- **Don’t** drink 6 cups of coffee and say “I’m hydrated”. In actual fact, **your adrenal glands are now stressed** by the caffeine – and you’ve dosed yourself with a strong diuretic.
- **Don’t** drink soda pop or sweetened fruit juice. You’re only feeding your body empty calories – and the sugar in those substances has been identified as **the leading cause of enlarged pores**.
- **Don’t** drink a herbal product like green tea without **checking the ingredients**. Very often nowadays, other substances are added –

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ones you might be allergic to, or that are contraindicated with existing health conditions or medication. (One example? Ginseng is a common additive in green tea products. For people with high blood pressure, this can cause a spike in pressure, as well as instant swelling in your face, fingers and ankles!)

Hormones

Calling it simply `Hormones' is perhaps oversimplifying a complex subject – but there are times when the hormones your body does (or doesn't) produce will play a significant part in your skin's overall well being – and not all the perfect skincare routines and healthy eating in the world may help, if you don't know what's going on – and why.

We've all heard of those mythical women who "glow" with pregnancy? Hormones.

And more likely, you may actually have experienced monster acne flare-ups when pregnant. (You guessed it: Hormones again.)

With pregnancy, the best thing you can do is **not obsess about your skin**. Make sure you are eating as healthy a diet as you possibly can, and drinking lots of water. Take whatever multivitamins your obstetrician recommends. Get as much rest as you can. Avoid toxic ingredients (more on that subject shortly!) And don't use acne medication containing vitamin A or any form of Retin A/Retinol without checking with your pharmacist (certain ones can harm your developing baby!)

Solution: Treat your skin gently – it's undergoing huge changes. One trick that has been known to help? Rinsing a clean facecloth in green tea and

wringing it out. Then placing it over your face for 5 minutes, while you rest with your feet up. Don't rub or scrub – just let it sit there.

Then let your face dry naturally.

(If nothing else – you will have experienced 5 blissful minutes of total relaxation!)

TIP: You can also try using as a toner or misting your face with:

- Vichy water
- Witch Hazel (especially great for oily skin – but do dilute with distilled water)
- Chilled Rosewater (good for all skin types – especially dry and combination skin)

The most important thing to keep in mind?

- **Don't** over cleanse - when our faces break out, we tend to panic, and start trying product after product, cleansing obsessively. All this does is aggravate skin that is hypersensitive.

What If I'm Not Pregnant Or `Post-Partum`?

There are other hormonal issues that can greatly affect your skin. Keep this in mind before buying product after product to "solve" a skin problem that won't go away.

If you are feeling utterly exhausted, your skin is dry as a bone and you're noticing changes in your hair texture and a weight change – **go see your doctor**, and ask for a thyroid test. It may not be a skin issue at all – your hormones may be out of balance.

Remember – *the condition of your skin is an **indicator** of what's going on "underneath"*.

Sudden changes should always be checked out with a doctor or with qualified medical personnel.

Nourishing Your Skin

Nourish can be **internal** or **external**. (It *should* be both, for optimum results!)

Got problem skin? We've already touched on two of the "bad guys" we ingest internally:

- Caffeine
- Sugar

And now let's add **fats** (and especially "bad" trans-saturated fats!) into the mix.

We do need a minimum daily intake of ("good" polyunsaturated) fat per day. But we're talking 2 teaspoons here. The average female adult need (based on a generous 2000 calorie diet) is around 65g of fat intake. That can easily

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be covered by a little polyunsaturated margarine or butter on your morning toast, and a dollop of olive oil in that stir fry at night.

For example, if 36 potato chips contains somewhere around 18g of fat, that's almost 30% of your daily fat intake – and with ordinary potato chips, 10% of that will be **harmful trans fats** – the ones that are pushing our kids towards diabetes at an alarming rate. (If you go for "all natural", high quality potato chips, the fat count won't be any less – but you are more likely to see 0% Trans fat content.)

The bottom line in eating for healthy skin? Concentrate on:

- Leafy green vegetables (especially raw – or if you' can't tolerate raw, juiced is an excellent, quick, easy-to-take option)
- Fresh fruits, especially watermelon, grapes and berries
- A good multivitamin (approved by your doctor) – if you **know** you're just not going to get enough of the above!

Personal Pick: [Lifecell South Beach Skincare](#). Life Cell is a topical skin care treatment that virtually makes your lines and wrinkles vanish before your very eyes in 17 seconds.

As featured in Globe and Star Magazine, In many cases this unique product can not only postpone, it can even eliminate the need for Botox injections or cosmetic surgery for many individuals whose only complaint is the appearance lines, wrinkles, sagging skin, age-spots, under-eye dark circles & puffiness and "feather" lips that adds years to their face.

[Click Here](#) To Visit The Lifecell Skincare Official Site

And one last word: Whatever you do – *don't skip meals*. This leads to low energy, which leads to **snacking on "easy" food sources later**, such as those quick-fix but ultimately debilitating **simple carbs, Trans fats and sugars**.

The Externals

Once you've taken care of what goes inside, let's turn to your skin surface. When speaking of external factors, what can harm your skin the most?

Beauty experts the world over unanimously agree on the 2 hands-down, major causes of bad skin:

- **Smoking**
- **Sun damage**

Eliminate these two problems, and attaining natural, glowing skin becomes far less of a stretch.

Smoking

If you are lucky or tenacious enough to beat this addiction, your skin will no longer be starved for oxygen while trying to exude toxins faster than it can process them. Your skin will regain a pink-and-white glow, and begin to "breathe" again.

Easier said than done, right? Stopping smoking is unfortunately outside the scope of this Special Report – but there is one common denominator that all

successful quitters report: *A strong motivator that outweighs the need to smoke.*

Humans are hardwired to prefer pleasure to pain. But when the pain becomes too severe, that pleasure suddenly becomes **no longer worth it.** (The “payoff” isn’t there.)

If you smoke, the number one question to ask yourself would be: *“What is my core motivator to stop smoking? What could motivate me to stop on a real, personal gut level?”*

Most likely it won’t be your skin. But it remains a fact: *If you smoke, the outer surface of your body will reflect the damage within. You will experience sallowness, greyness, early ageing.*

And not all the skincare products in the world are going to be able to compensate for that.

Sun Damage

As for sun damage, this is much easier. **Stop spending time in the sun with your skin unprotected**, and you can lose the leathery look of sun-damaged skin (and reduce the risk of skin cancer and premature aging) relatively quickly.

Solution: It’s much easier to do something about protecting yourself from the sun.

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- Get into the habit of wearing a greaseless sunscreen, at least SPF 15
- Wear good sunglasses, preferably the wrap-around kind
- Take a loose, light-colored, long sleeved cotton shirt with you, if you know you're going to be out in the sun for more than a few minutes – the sort you can throw over any outfit
- Wear a hat.

If you don't like hats, at least make an effort to revisit this preference. See if it has changed for you – sometimes it's just a matter of finding the right hat.

Make an event of it. Take a girlfriend or two with you. Go hat-hunting with your sister. Celebrate finding the right one by stopping for a cappuccino together afterwards (or a Slushie, depending on your taste – and whether or not the kids are with you!)

Better yet, drink a nice fresh herbal tea, or a cold, clear water.

Your skin will love it!

TIPS: *If you really can't or won't wear sunscreen on your face, try mineral makeup instead – many brands contain titanium dioxide and zinc oxide – 2 of the ingredients mineral makeups are primarily made of – and 2 of the most common ingredients in sunscreens.* (*Note that most experts recommend **also using a sunscreen**, even if you do use mineral makeup.)

Sunscreen may need to be **re-applied**, if you are out for more than 15-30 minutes. (Check your brand instructions.) And unless it is "waterproof", it will wash off if you go swimming (or sweat too heavily).

Always wash your sunscreen **off**, when you get back indoors.

Finally, the secret's out...

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We've talked a lot about what to avoid, and what to be aware of. Let's deal with why you might *want* to do something about preventing ageing now (when you're too busy to think, and know you still look great!)

Ageing occurs when the skin is no longer stimulated to produce and regenerate its own collagen and elastin. Poor health, smoking, sun damage and poor nutrition can all speed this ageing process dramatically.

Taking preventive measures now – while you are still young enough not to worry about ageing – can be an investment you’ll thank yourself for every day when you’re older – when your body is still renewing its own collagen and elastin far more easily than the rest of your generation.

Demystifying Makeup Ingredients

What you put *on* your skin can make a big difference too (especially if you really do take care about what you put *inside*.)

It doesn’t matter whether you can afford to spend \$1.97 on your foundation, or \$97.97 – the good news about all that voracious competition out there is that you *can* find a product to suit **your skin type, routine** – and **budget!**

Your Index Card Lifesaver

- 1. Start by printing out an extra copy of this page.** It contains your handy chart of ingredients to avoid. If you’re like most moms, you start looking at the bogging list of Latin-named ingredients – and you can’t remember if they were “good” or “bad”.
- 2. Cut out the chart below.**

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- 3. Tape or stick it to a regular 4 X 6 index card (if you didn't print it on card stock already).**
- 4. Carry it in your purse.**
- 5. When you go to the store, check the chart against the product you're interested in.**
- 6. If it contains any of the ingredients below - be wary of buying!**

These **8 most commonly found ingredients** are known irritants at the very least – and carcinogenic or highly toxic at worst!

Ingredient	Potential Harmful Effects	Alternate Names
Mineral oil	Sealant. Implicated in photosensitivity, perpetual rashes	<i>paraffin, petrolatum</i>
Dioxane	Product preservative. Known carcinogen	Coconut Oil
Paraben	Product preservative. Known carcinogen Affects estrogen levels, endocrine glands	<i>propyl-, butyl-, methyl-, and ethyl- paraben</i>
Toluene	Modern fragrance ingredient derived from coconut oil. Kidney and liver damage, anemia. CAN HARM FOETUS.	<i>ptoluene, benzyl, benzoic acid, coal tar, petroleum, BHL</i>

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Alcohol	Drying. Damages acid mantle, allowing bacteria, mold, fungi to infiltrate.	<i>ethanol, methanol, benzyl-, ethyl-, SD- and Isopropyl</i>
Triclosan	Antibacterial agent also used in weed killers. Creates resistance to antibiotics.	
Lead	Neurotoxin. Still used in wide variety of lipsticks. MISCARRIAGE LINK – crosses placenta. Reduced IQ, learning problems.	
Glycols	Birth defects, kidney and liver damage. Often found in sunscreens	<i>Propylene-, ethylene-, diethylene-, carbitol, glycerin</i>

Of course, this list really strips the problem of **potentially toxic product preservatives** in modern cosmetics down to its bare bones. There are more nuances and variants (cosmetic companies keep cleverly giving them new names) – and much more information.

Some less commonly seen harmful ingredients:

Diazolidinyl Urea, Quaternium 15, DMDM Hydantion, Imidazo Lidinyl Urea, Quaternium 15, Bronopol (2-brono-2-nitropropane-1, 3-diol), ethanol, pthalates

Also watch out for these **dyes**, which have been linked to cancer: **FD&C Blue 1, FD&C Green 3, FD&C Yellow 5, FC&C Yellow 6, D&C Red 33**

Fragrances And Perfumes

Those of you under thirty may not remember the days when perfumes were an accepted fact of everyday life, and there was no such thing as “fragrance free” public buildings.

What happened? Well, back in the 1970’s, asthma and allergies suddenly flared to new heights, shooting up from rare to commonplace. At the same time, cosmetic companies had recently started adding **acetone, ethanol, pthalates** and **toluene** to their products – all highly toxic compounds that appear not just in perfumes, but in dryer sheets, potpourri, candle scents and many other commonly used products. These compounds have been linked to allergies, cancer, birth defects and miscarriage.

Why hasn’t something been done about them?

The scary truth? The [Federal Drug Administration](http://www.fda.gov) (FDA) is under no legal obligation to deal with anything that isn’t ingested through the mouth or used for medicinal purposes. And while there is a clause prohibiting the use of “poisonous or deleterious substances”, **the onus seems to be on consumers to bring this to the FDA’s attention.**

But if you love fragrances, there are ways you can wear them or use them. Essential oils are a good place to start – but never use them on skin without diluting them significantly first.

You can create your own safe room fragrance by adding a couple of drops of your favorite essential oil to a mister filled with water.

The Campaign For Safe Cosmetics

If you are deeply concerned about product safety, let me introduce you to your new best friend – the [Campaign For Safe Cosmetics](#) website. This non-profit group calls itself “a coalition of women's, public health, labor, environmental health and consumer-rights organizations.”

Among it's more recent achievements? Convincing three leading nail polish companies, **OPI**, **Orly** and **Sally Hansen** to voluntarily remove **formaldehyde, toluene** and **dibutyl phthalate** – 3 of the most toxic ingredients in commercial nail formulation use – from their [nail polishes](#).

All cosmetics companies who go on public record by signing the “Campaign For Safe Cosmetics” pledge **never to include known toxins in their products** – and **never to test on animals**. (Please note, however, that some companies only guarantee *certain products* as toxin free. It's still up to you to check ingredients and perform “due diligence”.)

You can search their online database or download your own [.PDF list](#) of all the signers by clicking the underlined .PDF link. Some of the signers – and those absent! – may surprise you!

5 Skincare Myths Debunked

MYTH: *All alcohol in beauty products is "bad"*

Not so: Cetearyl- and stearyl-alcohols are actually **waxes**, harmless to skin.

MYTH: *Sodium Lauryl Sulfate (SLS) is "evil"*

At its very worst, it's a **mild irritant** (if you get it into your eyes) and can strip PH balance from skin, if overused. (For this reason, it should be avoided by people with skin hypersensitivity). *Can* aggravate canker sores. Many people confuse it with its "cousin", Sodium Laure**eth** Sulfate (SLES), which has been shown to contain microscopically low levels of Dioxane, a recognized carcinogen.

MYTH: *Collagen is always "good"*

Not necessarily. Sometimes the amounts of "good" ingredients contained in a product are so minute as to make no difference. And most of the time the **animal**

collagen molecules most manufacturers use are so large they can't infiltrate your cells

MYTH: *Keratin is always "good"*

Keratin made from animal cartilage is glue. When superheated, it is worse than useless.

The only company I personally know about that guarantees its keratin has been cold-manufactured (using an animal-friendly patented process from its native New Zealand sheep's wool) is [Xtend-Life](#)

MYTH: *Organic or "natural" is always "good"*

Companies are devious. Some have found ingenious ways round this label. The only way to make sure a product is safe? *Check those ingredients!*

Popular Skincare Products – The Truth

The bigger the company, the heftier its promotion budget. What you need to realize is you're also paying most of your hard-earned cash for:

- Sophisticated packaging
- Television advertising
- Magazine advertising

By choosing a product that:

- Doesn't contain any of the ingredients on chart you printed and cut out. (By being diligent about this, you can help protect yourself against unscrupulous companies – and potentially harmful effects!)
- Whose developer is listed among the Campaign For Safe Cosmetics signers. (And do check if all of the company's products are safe – or just specific ones.)

It might seem like a pain to take this extra step – but when you consider that 66% of lipsticks on the market **still contain lead**, and that the U.S. Food And Drug Administration (FDA) announced they would indeed investigate after an October 2007 report was released – but haven't – one can't afford to be too trusting.

(Note also that the FDA actually has no jurisdiction over cosmetic products, unless they actually contain a medicinal ingredient.)

Your Skin Type

Now we finally get to the *fun* part!

Let's go take a look at your skin type...

Dry

The most common problems with dry skin?

- Premature ageing
- Prone to rashes and irritation
- Thin and fragile; easily damaged

When accompanied by severe flaking or oozing, dryness is mostly caused by a medical condition such as asthma or psoriasis. See your family doctor or dermatologist.

Oily

Oily skin is always shiny. You feel hot and sweaty when others around you look cool as cucumber. You are most likely prone to acne breakouts – especially in your “T” zone (forehead, nose and chin).

You may also be troubled by:

- Large pores
- Blackheads

Combination

Combination skin usually presents as dry in certain areas, oily in others. You never know whether to use a moisturizer or an astringent.

Some “combination” skin presents as dry in winter, oily in summer.

Acne-Prone

Sometimes it clears up after adolescence; sometimes not. Often it flares up (usually at the most inconvenient moment – or even monthly).

Things That Can Aggravate Acne

- Pimple popping
- Touching your face
- Not cleansing off makeup at the end of the day

There is actually no strong evidence that diet and acne are connected, though those who have ever suffered from it know that certain foods or beverages seem to aggravate it.

"Food Related" Acne

The two biggest offenders seem to be:

- Citrus fruits
- Chocolate

One clue that your acne flare-up is due to a food sensitivity (apart from noticing it only occurs when you eat certain foods, that is): Pimples will erupt around the mouth and chin only – and take a stubbornly long time to heal.

Your Quick "Skin Type" Test

What do you do if you're not sure about your skin type?

Take a tissue. Lie back on your couch or bed. Cover your face completely with the tissue. Blot – not wipe; blot by pressing firmly – all areas of your face.

Now look at the tissue.

The areas where oil has discovered it are your clue to whether your skin is dry, oily or combination.

(Note: this may not work accurately on a really hot or cold day! It's a rough indicator only.)

Applying Makeup – Cleaning It Off Again

There is a simple but crucial “rule” to follow, when applying makeup. When it is going on, stroke and blend it in a **downwards arc towards the nose**. When you are **cleaning it off**, use an “**upward and outward**” circular motion, towards the cheekbones.

Do use a cleanser appropriate for your skin type. Moms with dry skin may wish to use a gentle lotion-type cleanser, followed by an equally gentle toner.

People with combination skin should err on the side of dry skin, and clean with a gentle cleanser and toner. Then use a stronger toner for the oily “T” area alone.

But what cleanser to use? And how can you find one that is not only perfect for your skin type, but safe?

Personal Pick: Check out Mineral Silk’s thorough line of [cleansers](#), [toners](#) and [moisturizers](#).

The Skin Around Your Eyes

The skin around your eyes is much more fragile – and thinner – than the rest of your skin. If you can, do use a moisturizer especially for eyes.

When you clean makeup off the eye area – or apply it – do use a gentle dabbing motion. Never rub.

Personal Pick: Revitol Eye Cream. Revitol Eye was created by one of America's premier anti aging skin care companies. They have succeeded at creating a powerful intensive eye cream that effectively combats not one but THREE of the most aggravating beauty problems...under eye dark circles, puffiness and wrinkles.

Recommended Books

(If you ever have time to read!)

The Skin Type Solution; A Revolutionary Guide to Your Best Skin Ever

Author: Leslie Baumann, M.D.

Bantam Books

Available at Amazon.com

This University of Miami professor of Cosmetic Dermatology has researched and collected data on skin type for several years. Her categorization has gone beyond the general and splits the 3 or 4 general skin types into 16 different more specific ones; including sensitive, resistant, and pigmented. She also debunks common myths about skincare at considerable depth.

“New” Fads In Makeup

Free love and really good rock music wasn't the only thing to come out of the '70's. "Mineral makeup" made its debut too. And it has quietly been gaining momentum ever since.

The main reason? Mineral makeup is "natural". But does this necessarily mean good?

What You Need To Know About Mineral Makeup

The main elements are **mica**, **zinc oxide** and titanium **dioxide**. These have actually been part of traditional makeup since the early 1900's. Mineral makeup's main claim to fame is reputed to be the elimination of harsher chemicals often found in "traditional" or current synthetic, mass-marketed products. Many people swear by it, but the research world is not unanimously in favor of it (keeping in mind that part of that world is fuelled by large "traditional" cosmetics companies. So how do you judge it?

When it comes right down to it, do what you would do with any other skin product:

- Check the ingredients for harmful additives (in the case of mineral makeup, the one to particularly watch out for is **bismuth oxychloride**, a questionable ingredient made from lead by-products). As well as parabens.
- Try it out
- Make sure you cleanse it away properly at the end of the day

If it causes any problems or provokes irritation – discontinue use. If it proves to be your magic solution - fantastic

Reported Problems With Mineral Makeup

- Drying
- Unnatural or limited tones

Reported Benefits

- Particularly great for people who find their faces normally "sweat" with any type of foundation
- Strong evidence that it does the best job in covering skin problems like lupus "butterfly" rashes, or rosacea
- Natural sun protection (from zinc oxide and titanium dioxide)

Personal Pick: [Mineral Silk](#) – small, online, U.S. company providing "bismuth free", non irritant mineral makeup.

Mineral Silk allows you to pay by credit card or PayPal (plus cheque or money order, if you live in the U.S.) – and their prices are very affordable! They offer a 90-day guarantee. Kits and sample packs are available, and all orders come with "4 pages of application instructions".

My pick? Their **Facial Setting Spritz** - \$8.97 – good for all skin types (oily, sensitive, dry and "mature")

TIP: Spritz *after* applying mineral foundation to "set" it. Can be used in place of a moisturizer. Can be used as toner.

The Mineral Silk company also gives a complete list of ingredients for every product – always a good sign – such as the ingredients for the Facial Setting Spritz:

“INGREDIENTS: Aqua (Water), Aspalathus lineans (Organic Rooibos Tea) Extract, Camellia sinensis (White Tea) Extract, Camellia sinensis (Organic Green Tea) Extract,

Phenoxythenol, Methylsulfonylmethane (MSM), Dime thlaminoethanol (DMAE Bitartrate), Sodium Hyaluronate, Tetrasodium EDTA, Citric Acid”

Safe Home Cosmetic Remedies You Can Make And Try Yourself

Acne Pimples – Quick Cure

The next time you're tempted to pop a pimple – don't! Instead, dab a drop of toothpaste (any toothpaste) on it. Dries up pimple miraculously fast in most cases – and takes the irritation (and urge to pop) right away.

Facial Masks – Making The Right One For Your Skin Type

Dry Skin – try mashing up avocado with a teaspoon of honey. Apply to face, rest for 5-15 minutes. Rinse off thoroughly

Oily Skin – plain egg white tightens pores. Apply, let dry (you can continue to work while wearing it – just don't listen to funny stories!) Rinse off thoroughly, splash face with cold water and pat dry

Combination Skin – mix 1 tbsp. rosewater with 1 tsp. honey (you can often find rosewater in your supermarket – usually with Indian or Ethnic foods). Apply, leave on for 15 minutes. Rinse with tepid water.

Easy Sugar And Salt Body Scrub

This is one of the easiest home remedies to make. Mix 1/4 cup coarse sugar - Turbinado or Demerara - with an equal amount of white sugar, 1 tbsp. sea salt and 1 tbsp. baking soda. When dry ingredients are well mixed, add 1 tablespoon pure virgin olive oil. (Can be stored in plastic bags for a short time).

Use on all parts of the body except your face – particularly hands, elbows and feet.

Healing Foot Soak – Simply put, I can't better the recipe I found a while back at eHow.com. It combines sea salt, lavender, baking soda and vitamin E – all safe and soothing ingredients.

Nail "Polish"

Don't want to wear nail polish for health and safety reasons? One trick my grandmother taught me: massage baby powder into your nails, and buff. The resultant shine makes your nails look well-groomed – almost as if you're wearing a good clear nail polish.

Not Just The Face

Moms Guide To Skincare Products

The Neck - And speaking of faces, let's talk about one of the most common errors people make in effective skincare: *ignoring the neck*.

The time to start preventing a wrinkled, sagging neck is now – while you're still young and your skin is supple.

Always moisturize the neck too, using an upward, sweeping motion with your fingertips. While you're at it, do this simple exercise...

Jut your bottom jaw out as far as it will go. Tip your head comfortably upwards. In this position, slowly turn your head as far to the right as it will comfortably go. Hold for a few seconds, feeling the "stretch". Turn head slowly all the way to the left. **Repeat 5 times.**

Your Hands – As you grow older, hands also wrinkle – and discolor! To hold this off for as long as possible (and have soothingly smooth skin!) use a sugar scrub on your hands at least twice a week. You can use the home made version above – but my personal pick is Mineral Silk's [Pear Delite](#). It's all natural, contains Shea butter (very good for skin) – and the scent is heavenly! At only \$6.97 (on special) at the time of this writing, it's an affordable luxury that really will leave you feeling as if you've been to a spa. (Mineral Silk has other scents of scrub, too – including Orange Blossom, Lemon Parsley, Lavender Vanilla, Peppermint Zing, Licorice Whip, Java Jolt and [more](#).)

(Don't forget to moisturize afterwards!)

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Feet - The best way to deal with the problem of cracked heels is to indulge in a regular foot care routine. While baby is napping, treat yourself to a sit-down and a foot bath. At the very least, add a couple of tablespoons of plain Epsom salts or sea salt to the water in your foot bowl (and maybe a drop of your favorite essential oil). Soak for at least 10 minutes. Buff your feet (either before or after) with a pumice foot rasp or exfoliant tool like the [PedEgg](#) (available at Walgreen's for under \$10.00). After soaking, scrub them with your favorite sugar scrub.

Last step? Moisturize with a super-rich emollient – one containing Shea butter or lanolin is always good. Massage cream well into feet, and slip on a pair of socks until moisturizing agent is well absorbed. (Try wearing aloe-impregnated socks while the cream absorbs – if you can get them easily in your neighbourhood department store.)

(After a soak is the perfect time to take care of toenails too.)

Finally, a word about **flip-flops**. Many moms like to slip into them for the summer months – and never slip out! You should be aware, though, that the typical lack of arch support can lead to foot problems down the line. A better alternative is a flip-flop type sandal with a “breathing” cork insole – and some degree of molded arch support.

Yes - they cost more – but they will save you years of future pain and aggravation.

TIP: Using a pure lanolin cream for cracked nipples works dramatically on cracked heels – and you can count on it being non-toxic and safe!

Elbows and Knees -If you have any hard or rough skin (from gardening, leaning your elbows habitually on the table, or any other cause) be sure to use your sugar scrub whenever you shower or bathe. Moisturize afterwards.

Nail Care - We'll finish off with a word about safe nail care. Nail polishes and removers have been among the most toxic offenders in the cosmetic world, since many of them contain especially lethal compounds like **formaldehyde, toluene, and dibutyl-pthalate (DBP)**.

There are companies who produce "safe" nail polishes – but the water-based ones are known for not being as long-lasting as "regular" nail polishes.

The good news? Water-based nail polishes look every bit as perfect as traditional polishes – and they can be safely worn during pregnancy.

Personal Pick: [Polished Mama](#). (They offer manicure and pedicure kits, too. And their comparatively safe Moisturizing Remover will also remove regular nail polish!) They don't sell from their site, but they do provide a thorough list of [retailers](#) and "e-tailers" across the United States and Canada.

The Bare Minimum

So there you have it – my personal primer for skincare products for busy moms. Although I've recommended some specific products, consider it just a quick "easy" sampling. I haven't focused on telling you what to wear for every single condition – rather, I hope this guide has given you a good grounding in knowing what's going on with the cosmetics industry and how

Moms Guide To Skincare Products

to adjust for your skin's particular needs, so that you can make your own decisions – to fit your budget and individual needs.

My absolute essential criteria for looking classy and well groomed, no matter how tired you are? For makeup, just a touch of lipstick or natural lip balm – dusted with a darker shade of your mineral makeup – and a dusting of mineral finishing powder over a clean, moisturized face. (Wait at least 10 minutes after moisturizing, before applying mineral makeup.)

Use a fine brush to dust a either the same shade of mineral powder you used for “lipstick” around your eyelids, the way you would normally apply eyeliner.

Use a moisturizer on hands after washing them.

And always invest in well-cared-for feet – and nails. Even if you prefer not to use nail polish (or don't have time) – try the “buffing nails with baby talc” trick, and make sure you keep your heels exfoliated and moisturized. (I still remember watching a successful New York editor speak at a conference, years ago. She stood there, dressed in a Chanel suit with stylish backless, open-toed, high-heeled sandals – probably as expensive as her suit. But the reason I remember her so vividly is not because of her speech: *I couldn't take my eyes off her badly cracked heels.*)

The rest... is a question of personal preference, avoiding even “safe, natural” substances or foods you are allergic or sensitive to – and finding your comfort zone.

But it's a lot easier to find, when you're armed with the basics.

Finally, the secret's out...

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