

Natural cosmetics

AFTER greening your wardrobe, why not clean up your bathroom too? **CATHY RELF** tracks down the best in natural cosmetics

SHAMPOO *Shampoo is a basic product, but one that you use every day. It's important to choose a shampoo that is gentle on your hair and scalp. Look for natural ingredients like aloe vera, chamomile and lavender. Avoid harsh detergents like sodium lauryl sulfate (SLS) and parabens.*

MOISTURISER *Moisturiser is essential for keeping your skin hydrated. Look for natural oils like jojoba, coconut and almond. Avoid synthetic fragrances and parabens.*

FACE CREAM *Face cream is another essential product. Look for natural ingredients like shea butter, vitamin E and hyaluronic acid. Avoid synthetic fragrances and parabens.*

DEODORANT *Deodorant is a product that you use every day. Look for natural ingredients like zinc oxide, baking soda and essential oils. Avoid synthetic fragrances and parabens.*

TOILET PAPER *Toilet paper is a product that you use every day. Look for natural ingredients like bamboo and recycled paper. Avoid synthetic fragrances and parabens.*

SHOWER GEL *Shower gel is a product that you use every day. Look for natural ingredients like aloe vera, chamomile and lavender. Avoid harsh detergents like sodium lauryl sulfate (SLS) and parabens.*

HAIR OIL *Hair oil is a product that you use every day. Look for natural ingredients like coconut, argan and jojoba. Avoid synthetic fragrances and parabens.*

TOILET BRUSH *Toilet brush is a product that you use every day. Look for natural ingredients like bamboo and recycled plastic. Avoid synthetic fragrances and parabens.*

TOILET SOAP *Toilet soap is a product that you use every day. Look for natural ingredients like aloe vera, chamomile and lavender. Avoid harsh detergents like sodium lauryl sulfate (SLS) and parabens.*

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CONDITIONER: Australian Organics: Nourishing Restorative Conditioner, 350ml, £3.99, available from Holland and Barrett.

Packed with vitamins, essential oils and soya and wheat proteins, this conditioner is as kind to your wallet as it is to your hair.



Australian Organics conditioner

23rd March 2008