

**WHY ORGANIC?**



Your skin is very permeable. That's about three times as permeable as you think. It's not because your skin absorbs whatever's on it. Scientific studies show the skin absorbs around 60% of anything that's put on it, meaning all those fragrant lotions we slather on the back of babies are being absorbed in our babies.

Most of these ingredients, while harmless, are harmful, but some can cause problems like allergic reactions and blocked pores. On a more serious note, some daily doses of some chemicals can build up in the body, and some studies have found commonly used cosmetic chemicals to be effective and even carcinogenic.

If you are pregnant, planning an upcoming pregnancy, or breastfeeding, you might want to consider going organic too. As anything in your body will be passed onto your baby.

**READ THE LABEL!**

A product claiming to have organic ingredients is all well and good, but what does it mean? If you are buying for food chemicals, the FDA requires that you read the full list of ingredients, not just the marketing blurb - products often boast one or two organic ingredients but what else is in it? Natural on a label can simply mean an ingredient is derived from a plant or animal source, it's not to say it hasn't been extensively processed or mixed with chemicals.

At Home, founder of Essential Care Organics, stresses the importance of reading labels. "There are plenty of brands choosing to ride on the organic wave with a variety of organic and natural product claims. However, some are excluding the fact that three out of five ingredients in their 'organic' organic formulation is not necessarily from healthy, pesticide-free foods, as many of the 'organic' products in the market.

**REJUVENATION - AT THE SPEED OF LIGHT**

**Tried and tested: The Omnisol Facial at Pure Bliss**

Light therapy is by no means a new treatment. The benefits of light therapy are widely recognized in modern medicine: the treatment of skin cancers, psoriasis, eczema and Seasonal Affective Disorder are just the examples, and as an addition to surgery the laser-resurfacing benefits of this therapy. The Omnisol Facial, as recommended on The Home Beauty Awards, was highly acclaimed.

The home weather has my skin looking and feeling very dry, and having noticed signs of aging (wrinkles) I was hoping that this might reduce these problem areas and generally revitalize my skin. The concise explanation of activity, speed, time and the production of the light, being to stimulate the collagen and give the skin a natural glow. It's a really simple procedure - I was made comfortable in one of the lovely heated beds in the

might not be all they seem. Beauty salons can distinguish themselves by offering genuine organic products and to us this is crucial choice products that bear the number of a professional certification body, such as the Soil Association. Europe's strictest organic organization. This means that organic ingredients are used whenever possible (minimum 95%) and the few permitted non-organic ingredients have to pass strict assessments on safety, health and toxicity. For example, no parabens or sulphate detergents are allowed."

**WANT TO GIVE IT A TRY? TRY THESE:**

**Essential Care** has a great range of organic beauty products, run by the brand founder who has a wealth of skin care and herbal knowledge and experience. Essential Care sets the bar to create a full Australian certified selection. The Gently Herb Shampoo, from £9.50, [www.essentialcare.co.uk](http://www.essentialcare.co.uk)

**Rejuvena** produce a range of certified organic soaps, try the Lavender Hand and Body Wash, around £3.95, [www.rejuvena.com.au](http://www.rejuvena.com.au)

**Natural Organics** Ethic Cosmetics use 'honest' ingredients in their cosmetics, an exciting selling point for those who are concerned by the body. We tried the Natural Rice Hydrating Mask (£22), a truly creamy and gentle mask that leaves the skin soft and nourished. [www.naturalorganics.com](http://www.naturalorganics.com)

**Be Organics** carry a huge range of organic beauty, health and household products from companies including Pukka and Fair's Fair Remedies. [www.beorganics.com](http://www.beorganics.com)

**Australian Organics** use the finest botanical ingredients. Try the Body Bars, in four varieties with essential oils, available from Richard and Barrett, John Lewis and Waitrose. [www.australianorganics.com](http://www.australianorganics.com)

exclusive salon promoting the treatment. Pure Bliss in Folkestone, and my hair was thoroughly cleaned to give optimum results. The lamp was then positioned around my face and I was asked to wear protective goggles. The lamp shined pure, harmless red light directly onto the skin, and is completely pain free.

Treaty includes skin care and after including a wonderful air massage. It's all over - it feels a bit strange at first. My skin turned rosy, and I was surprised. This is a great overall treatment, especially as a boost for that special occasion, but for great results, a course is recommended. We recommend that you do a course of treatments in the comfort of home.

The Omnisol Facial is a gentle, safe, fast, and not badly priced at £20 a time, replaced if a course of treatments is booked.

**PURE BLISS**  
88 ROAD FOLKESTONE  
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**CRYSTAL CLEAR AT FRECKLES**

**Tried and tested:**

Philippa. Underneath offered me the chance to try Crystal Clear Microdermabrasion, a specialist facial of choice that works by using a fine jet of aluminium oxide crystals at the skin and then buffing through the same fine red wax. Being able to do an anti-wrinkle and pore-cleansing facial was going just what I needed. A microderm treatment can lighten the complexion and improve the tone of the skin, as a course of treatments may be effective on deeper lines and certain types of scars.

I had a thorough consultation before the treatment and my treatment Philippa took time to explain what she was going to do, how the machine worked, and what I was going to feel like, and was really informative and conscientious throughout, cleaning everything, hot oil, and letting me what she was going to do next which really helped me relax.

The first stage of the treatment is a 'Beauty Beat', whereby the whole face and neck are given a once over with the wax. The second stage is more concentrated with an area of concern, in my case a couple of small chin spots were on my forehead and some fine lines around my forehead and eyes. These microdermabrasion stages have a regular weekly sensation, but are not at all painful, even around the eyes. Thirdly, the skin is given a nourishing oil with a gentle suction cup that is also moisturising, meant to appear, which was pleasantly surprising. I was left to relax while the mask set and finally treated with a serum and SPF.

Philippa showed me the bottle of crystals afterwards, which were identical with Rejuvena. One area from all the gels that had been infusing my pores completely afterwards my skin looked off and the redness was minimal. The next day the fine lines around my eyes were really diminished but I haven't a huge difference to any other area, and the following day the area that had been concentrated was started to ease.

The second Freckles is a great clinic with a huge range of treatments including 3D2D skin treatments and you're in good hands with Philippa, who really knows her stuff. If you're thinking of having the treatment as a one-off for a special occasion speak to your therapist about the possibility of getting, and if you're looking for dramatic results, book a course of treatments.

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