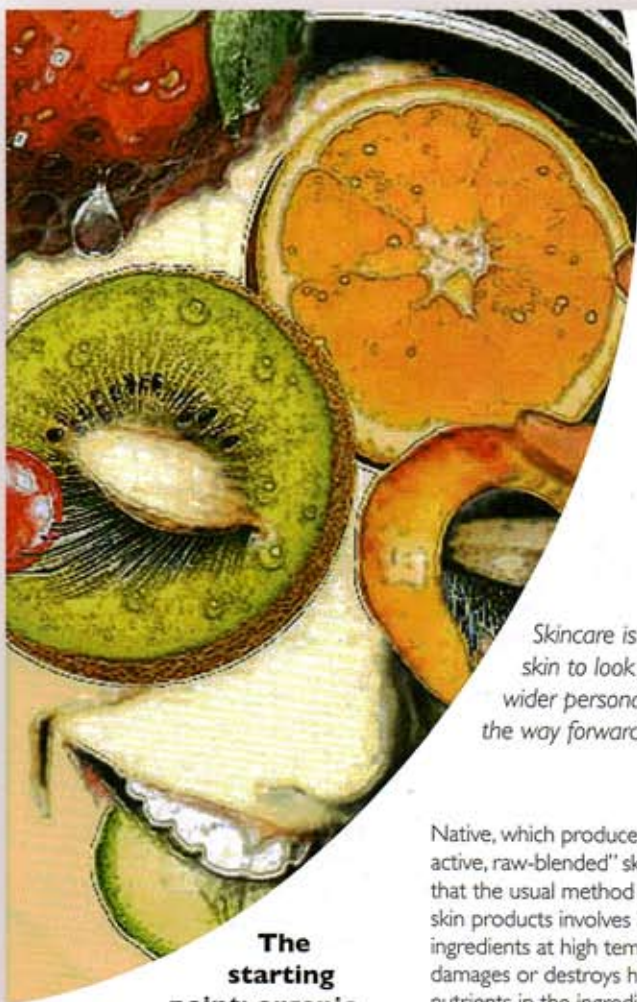


# Raw skincare

– because you're worth it?

*Skincare is a sensitive subject. Fundamentally, most of us are pretty vain. We want our skin to look good and we get upset when it doesn't. But many of us also think about the wider personal and environmental impact of the products we use. Raw skincare might be the way forward.*

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## The starting point: organic

Organic skincare products are an excellent option for thoughtful consumers. If your skincare product is not made with 100% organic ingredients, you could be washing or moisturising your face with pesticides, fertilisers or GM food residues – in very small quantities, yes, but it contributes to the unknown 'cocktail effect' – to say nothing of the parabens and other potentially damaging chemicals still found in some mainstream skincare products. Plus organic farming is better for the environment and wildlife.

## One step further: raw

Recently, skincare products and treatments that are raw and organic have started to become more widely available. Basically, 'raw' skincare includes ingredients as they are found naturally. They are not heated above 40°C, pasteurized or processed. Making raw products is a highly specialised and labour intensive process. Why go to all that effort? Vicky Ewbank, co-founder of Live

Native, which produces "enzymatically active, raw-blended" skincare, says that the usual method of making skin products involves heating the ingredients at high temperatures. This damages or destroys heat sensitive nutrients in the ingredients, including enzymes, antioxidants, minerals, vitamins and essential fats, all of which are vital for the wellbeing of the skin. It's also less environmentally friendly than using raw ingredients. Lisa Lennon, co-founder of living skincare specialist Raw Gaia, explains that heated oils and fats used in skincare products are actually one of the worst offenders to skin beauty. They contain highly toxic trans-fatty acids, which may be absorbed into cell membranes, causing them to become porous and weak. Heating oils also leads to the creation of free radicals. Collagen, a major component of skin, is particularly susceptible to damage from free radicals, which includes wrinkles and lingering scars.

## A novel face treatment

Facials have gone raw too. Glow Urban Spa in Knightsbridge offers a 'menu' (a clever reference to 'skin food') of raw face and body treatments. Fresh berries, oats, green tea and other nutritious ingredients are blended up just moments before application.

Philip Davies, founder of Glow Urban Spa, says: "There are some great organic skin creams out there, but we wanted to push the boundaries. We wanted to combine raw ingredients known for their optimal nutritional benefits, try them out on the skin itself, and see the results. We have been completely astounded." This is echoed by Georgie Wolfenden, founder of the wellbeing website Glowgetter. As a woman who has tested countless skincare products, Wolfenden says: "The results of raw skincare have really impressed me, to the extent that I believe the future of skincare is raw or cold-pressed."



## Vicky Ewbank's easy 'recipe' for Papaya Face Mask

Papayas are rich in enzymes, especially papain, and also vitamins C and E and beta carotene, which the body converts into vitamin A. This simple face mask is excellent for exfoliating dead skin cells and smoothing the complexion. Indigenous cultures use the skins for wound healing, while the peppery seeds are eaten to cleanse parasites.

### ½ small, ripe papaya 2 slices of cucumber

Remove the seeds and blend or mash the flesh with a fork until pureed, then smooth onto your face, avoiding your eye area. Place the cucumbers over your eyes and relax for 15 minutes. Rinse off well with cool water and moisturise while your skin is still damp.

VISIT: [www.livenative.co.uk](http://www.livenative.co.uk); [www.rawgaia.com](http://www.rawgaia.com);  
[www.glowurbanspa.com](http://www.glowurbanspa.com); [www.glowgetter.co.uk](http://www.glowgetter.co.uk)

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