

NATURAL MOISTURISERS



Our skin absorbs 60% of what we put on it - the average woman takes in 2kg of chemicals through toiletries each year. We asked our reader panel to try out a selection of paraben-free moisturizers from our favourite natural skincare ranges. Here's what they had to say:



LIZ PILLEY TRIED
Essential Woman Skin Food Moisturiser, £10.99 for 15ml, livenative.com "This moisturiser ticks all the right boxes - it's organic, vegan and raw-blended in this country, it also comes in an easily-recycled

glass pot and small cardboard box. The moisturiser itself is a lovely butter-like consistency and it sinks into the skin without effort or greasiness. I've mainly used it in the evenings as it has the richness of a night-time moisturiser. Definitely something to ask for as a gift."



HELEN ARTHUR TRIED
Organic Formula Day/Night Cream with orange, rosehip and mandarin essential oils, £11.73 for 50ml, greenpeople.co.uk

"This cream was easily absorbed and left my face and neck feeling very soft. However, I tend to prefer unscented or lightly scented products, and I found the smell of the cream was too strong for me. Good value for money, nice packaging and very effective though."



FRANCES LAING TRIED
Peachy Keen Organics Geranium Facial Oil, £17 for 30ml, peachykeenorganics.co.uk "A gorgeous product - geranium being my favourite oil. The

product faced tough competition as I usually use Weleda skin food. This is lovely though and it says: 'renowned as a healing oil for sun-damaged skin and scars'. I don't have either but this is luxurious oil at a good price. I especially liked the dropper so you use only what you need. It would last a while. And a big plus - the company is local - based in Manchester."



AMANDA COLNAGHI TRIED
Organic Bloom Nourishing Face Moisturiser, £6.95 for 50ml, skinblossom.co.uk "The smell of this product is divine and is very reminiscent of a much more expensive

moisturiser. I have quite oily skin so was very pleased that it went on to my skin without feeling greasy and kept my face fairly matt throughout the day. I would definitely buy this product again. It is effective and offers good value for money."



JULIE HOLLINGWORTH TRIED Replenishing Pink Lotus and Jasmine Facial Elixir, £14.63 for 60ml, organicbotanics.com "I highly recommend this, particularly for those with

sensitive skin. It is presented in a smart, dark green recycleable bottle, which helps to protect the vitality of the ingredients whilst reflecting the ethical stance of this family run business. The oil includes certified organic essential oils, which undoubtedly contribute to its beautiful scent. Had a calming effect on my skin leaving it replenished, healthy and smooth as silk."



MAKE YOUR OWN

There are many ways to make your own facial treats that are perfectly tailored to the needs of your own skin.

MOISTURISE You need 5 tbsp flower water, 20 drops of organic essential oil and 20g of locally produced beeswax.

Melt wax over a bain-marie. Remove from heat and carefully stir in flower water and oil. Pour into a glass jar and use at night for a rich treat.

NUTRITIOUS OIL Mix together 4 tbsp of almond oil, 5 tsp jojoba oil with 15 drops of rose and 5 drops of geranium essential oil. Pour into a glass bottle and massage into your face before bed.



★ FREE BEAUTY PRODUCTS FOR EVERY READER ★

THE UK'S
LEADING GREEN
LIFESTYLE
MAGAZINE

The Green Parent

APRIL / MAY 2009 £3.50

LIFE IN THE country

Living the good life
Buy property at auction

REAL TRAVEL

Favourite FREE days out
Cycling with children
The best beaches

HOW TO:

- Make an Easter pinata
- Give yourself reflexology
- Save energy and money

The Green Kitchen

Simple steps
you can take

WILD CHILD

Reconnecting
children with
nature

Tried & Tested

Natural products
put to the test



PLUS SPIRITUAL PARENTING • REAL NAPPIES • ORGANIC CHOCOLATE • SEASONAL RECIPES