



**5 THE LIP BALM**

Apples & Pears' natural bee remedies based in the Cotswolds come from people who love everything about bees. They have handmade these exquisite pots of silky smooth organic lip balms, which come in three varieties: Wild Rose, Bees Wax and Calendula. 5ml, £9.25; [apples-and-pears.com](http://apples-and-pears.com)

**6 THE BODY WASH**

A family business based in Northumberland, Natural Empathy is a truly British brand. They have a range of bath and body products such as the beautifully British Top to Toe Wash, enriched with organic essential oils of cedarwood, lavender and patchouli. It looks great on the bathroom shelf too. 200ml, £12; [naturalempathy.com](http://naturalempathy.com)

**7 THE BODY MOISTURISER**

Evolve was created out of a desire to make organic the norm – affordable, beautiful and effective. Full of smart super foods, antioxidants and peptides, you would never believe the thoroughly modern packaging is made out of recycled plastic milk cartons. I love the mega omega body moisturiser with its light ice-cream scent and lovely texture. 200ml, £11.99; [evolvebeauty.co.uk](http://evolvebeauty.co.uk)

**8 THE HAND SOAP**

Little Soap Co. (formerly Naked Soaps), based in the vale of Evesham, creates the most wonderful handmade natural soaps. I love the Goat's Milk and Jojoba, the lather is so soft and with a natural PH similar to our skin, they are a total pleasure to use and gentle enough for babies and children. 100g, £4.75; [littlesoapcompany.co.uk](http://littlesoapcompany.co.uk)



**BEAUTY FROM THE INSIDE**

Beauty is so much more than skin deep. I have been treating bodies and faces for over a decade and you can achieve so much with the right products and treatments, but the other key area is diet and nutrition. Raw Fairies lovingly prepares health packed raw daily meals, which are delivered to your door. This means you don't have to think about preparing your own meals to help your skin, they have done all the hard work for you. You can also add on a daily health booster, such as the Anti Ageing, or my personal favourite Skin Booster packed with MSM power and acerola cherries. For prices, see website. 07508 015313; [rawfairies.com](http://rawfairies.com)



8

9

10

**9 THE FACIAL OIL**

In the evening I love applying a few drops of oil to the skin after cleansing. Essential Beauty Serum is a highly concentrated cold pressed oil packed with antioxidants and all the omegas 3,6,7 and 9. This deep gold coloured serum absorbs well, soothes and repairs, and is perfect for the summer as it offers natural protection against oxidative stress caused by UV radiation. It can also be used under daily moisturisers. 25ml, £29.99; [livenative.co.uk](http://livenative.co.uk)

**10 THE HAND CREAM**

I am one of thousands who suffers from dry cracked hands; I can wade my way through gallons of different hand creams without much improvement. About a month ago I was sent samples from Laidbare Naturaceuticals, a scientific take on the natural, amongst which was its Sunflower Hand Cream. The cream was quite miraculous and overnight my hands were transformed. 200ml, £14.50; [beingcontent.co.uk](http://beingcontent.co.uk)

Abigail's treatments are available in London and the Cotswolds. 07708114911; [abigailjames.com](http://abigailjames.com)



**◀ FOR THOSE WHO SUFFER FROM ROSASEA OR HOT FLUSHES, TRY SUCKING ON AN ICE CUBE TO COOL FROM THE INSIDE. ALSO KEEP A FACIAL SPRAY LIKE THE ORGANIC PHARMACY'S ROSE FACIAL SPRITZ IN THE FRIDGE. (100ML, £20.95; THEORGANICPHARMACY.COM)**

# GREEN BRITISH BEAUTY

*Specialist in eco skincare, facialist Abigail James believes that what you put on your skin should be as natural as possible. Here, she recommends 10 of her favourite products from the best British organic ranges on the market*

**A**s if the beauty counter were not already bursting at the seams with creams and potions to tempt us, then along came organic, now the largest growth area in skincare.

Over the years, the quality of these products means that they really do offer an effective, healthy and synthetic-free alternative. Some of these organic ranges are being created on our very own soil, flying the British flag for natural skincare, meaning we can truly hold our own in this ever-growing worldwide industry.

## 1 THE CLEANSER

For those who love a cleansing balm with a wash cloth, here's a little tip: stay away from the petroleum-based (beautifully packaged) options and opt for something more natural that will actually work with the skin rather than against it. Inlight, based in Cornwall and created by Dr Mariano Spiezia, a medical doctor, homeopath and herbalist, has a really effective cleansing balm. Packed full of coconut, olive and jojoba oils with green tea, cypress and rosemary to deep cleanse, it's gentle enough for all skins.

60ml, £25.95; [inlightonline.co.uk](http://inlightonline.co.uk)

## 2 THE BODY SCRUB

Jigsaw is a personal favourite of mine. Quintessentially British, the clothing brand has launched a range beautifully packaged Soil Association certified organic bath and body products, handmade in Cornwall. To keep your skin peachy soft, try the body scrub – it's a balm rather than oil-based, made with sea salt, sugar, a blend of 17 essential oils and crushed argan kernels, to gently exfoliate the skin. 150ml, £22.50; [jigsaw-online.com](http://jigsaw-online.com)



1



2



3

## 3 THE SUN CREAM

We all know we need to protect ourselves from the sun, but we just can't help wanting to show off some flesh. Green People has a whole range of affordable organic products for face and body. My particular favourite is its range of sunscreens, which are not too heavy, rub in well, smell pleasant and actually moisturise the skin at the same time with edelweiss, green tea and avocado. Green People sun creams are 82 per cent organic and it also does a great range for children too. *Factor 15 and 25, 200ml, £16.75; [greenpeople.co.uk](http://greenpeople.co.uk)*



4

## 4 THE FACIAL MOISTURISER

Finding a good moisturiser is not easy, but one of my current favourites is Beyond Organic's day cream. This Soil Association-certified Cornish company has created the most beautiful dreamy cream. Ignore the packaging, what's inside is pure skin health gold that smells divine, has a silky soft texture and absorbs beautifully. It contains a blend of Lady's Mantle, rose, almond, aloe vera and rosehip seed to name just a few, and is perfect for dry, mature, sun parched and thirsty skin. 200ml, £17.01; [beyondskincare.co.uk](http://beyondskincare.co.uk)

**FOR HEALTHY SKIN PROMPT YOUR BODY'S DETOXIFICATION BY STARTING EVERY DAY WITH A CUP OF HOT WATER AND LEMON. ADD A SLICE OF GINGER FOR AN EXTRA BOOST.**