



How To Care For The Skin You're In

Bath and beauty products do more than just keep us clean, they make us look and feel our best. And in a 24/7 society where busy is the norm, a simple bath or great skin treatment can be a relaxing personal moment in an otherwise hectic day. Now more than ever, people are using bath products that are made organically through green processes because it's not only good for them, but also good for the environment.

"Going green is more than just an environmental concept, it's something that can have a dramatic impact on personal health," says Justin Gomolka at Best Bath Store, a company that makes 100 percent natural bath and body, skin care and hair care products. "We're seeing more interest in natural products that respect human life, animal life, and the environment we live in — something our entire line supports. We do not test on animals or

use harmful synthetic preservatives or additives such as sodium laurel sulfate or parabens. One must be on the lookout for greenwashing, where companies claim to be natural and /or safe for the environment, but use harmful synthetic ingredients."

These are the top bath and beauty trends of 2008:

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When you're washing your skin, are you using something that contains harsh chemicals?

Don't forget, your skin is your body's largest organ and the first line of defense against disease and infections. If you look at the ingredients of your common everyday soap, you might find it difficult to pronounce the list. Animal fats and synthetic ingredients help make soaps cheap for large companies, but wreak havoc on your skin and overall health! For this reason, organic soap made from all-natural ingredients is a top beauty trend. For example, handmade soap from Best Bath Store (www.BestBath-Store.com) uses luxurious quality ingredients that include organic extracts, essential oils, and cleansing particles harvested from the earth. Because of the use of organic ingredients, this soap is gentle enough for even the most sensitive skin types.

Traditional cosmetics and bath products can contain unhealthy ingredients.



Lavender is a popular ingredient that is believed to have the power to promote relaxation and relieve stress.

Exposure to one of these chemicals is unlikely to cause health problems, but repeated exposure can be linked to serious health issues like cancer and birth defects. More people are seeking safe cosmetics that they know won't be causing them, their families, or any animals harm. You can do three things to help buy healthier products. First, look for products that do not test on animals or companies that are PETA business friends.

Second, visit www.SafeCosmetics.org to find a list of companies that have pledged to keep their products safe from unhealthy compounds. Lastly, find out how a company packages their products and ships them. Do they use Styrofoam or corn starch peanuts?

Different scents have the power to trigger sensations in Skin/Page S-18



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