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BRIGHTON & HOVE *Life*

NUMBER 58 – SEPTEMBER 2004 £2.00 Where S

The No1 City Magazine



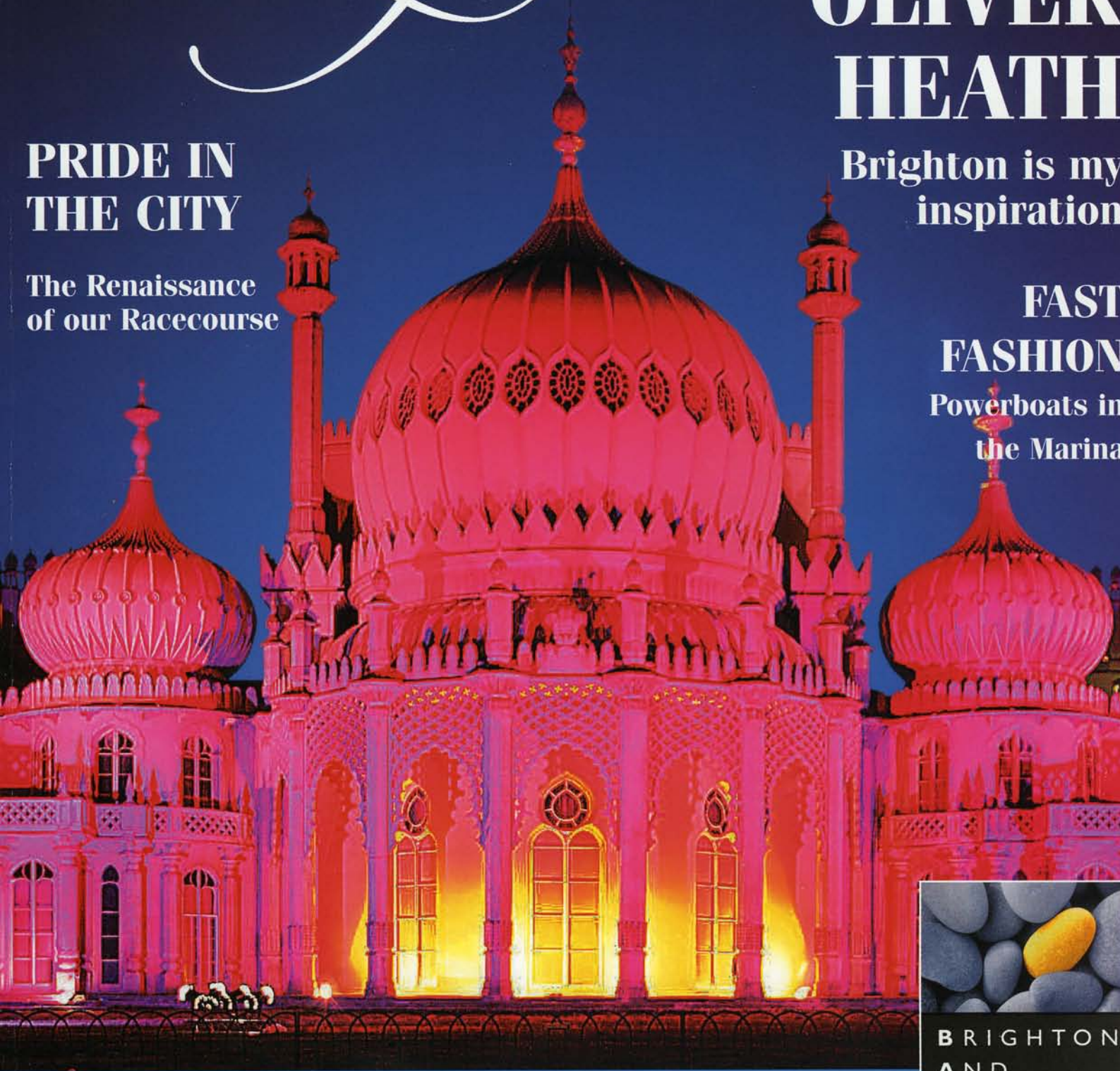
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Brighton is my inspiration

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BRIGHTON AND HOVE BUSINESS AWARDS

THE BAHBAS WINNERS ISSUE

Putting Brighton and Hove business on the UK plc map

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Natural beauty – don't believe the hype

Susan Perry and Emma Wells, Nutrition Consultants from Smart Nutrition, discover the truth about what 'Organic' and 'Natural' actually mean for Cosmetics and Beauty products

After days of reading labels, scanning ingredients lists on websites and talking to various product developers we have been quite surprised to discover that the words 'Organic' and 'Natural' do not carry the same weight for beauty products as they do for food products. Organic does not mean 100% organic. In fact it could literally represent a few organic ingredients along side several non organic and chemical ingredients. Natural does not always mean 100% plant derived. It could represent a natural base, laced with chemical derived preservative and emulsifiers.

When picking up an organic cosmetic beauty product, it is definitely a case of 'don't believe the hype' – always check ingredients label for the '11 Chemical Cosmetic Nasties'. Being kind to your skin means buying organic beauty products which are made by honest companies that are not prepared to compromise the 'Organic' name or their product integrity by sneaking in a few chemically derived surfactants or emulsifiers.

One company that we stumbled across in our quest to discover the ultimate range of organic beauty products was Natura, and how delighted we were to then discover that Natura's roots are firmly planted in Brighton. In our opinion Natura have produced the cleanest, purest and most exciting products to be seen on the organic beauty market within the last 5 years. With velvety smooth textures and heavenly scents created by 100% Organic Essential Oil blends, these products are undoubtedly our favourites. We salute this Brighton based company for taking the time and effort to formulate a range of face, body and hair care products which actually are what they say on the label – 100% plant derived ingredients, no compromises and totally nourishing to your skin and body. Natura products can be found at Dolphin House Clinic, Brighton.

When buying any beauty product, ask yourself – is this product 100% chemical free?

11 Cosmetic Chemical Nasties

PEGs
lanolin
parabens
phthalates
mineral oils
FD&C colours
petrochemicals
propylene glycol
imidazolidinyl urea
synthetic fragrances
sodium lauryl sulphate

Dr Hauschka

Toned Day Cream

A natural pigment for a tinted moisturising day cream. Warms and softens the appearance of the skin. Ditch your synthetic foundations, choose natural colour.

Price: 30ml £21

For stockists:
Tel: 01386 792 622



Natura

Hydrating Moisturising Mask

Absolute indulgence, this natural face lift tones skin and restores elasticity. Contains organic jojoba, apricot, macadamia, rose, orange and lavender oil – quite simply heaven!

Price: 50ml £23.90

For stockists:
Tel: 01273 685 800



Organic Blue

Restful Night

Feeling over worked and under appreciated? Busy mind preventing you from getting enough beauty sleep? 2-3 drops on your pillow for sweet dreams.

Price: 10ml £8.95

For stockists:
Tel: 0208 424 8844



Green People

Stimulating Sugar Scrub

Releases surface toxins, purifies and exfoliates your skin. Organic cane sugar, avocado, calendula and lemon grass. Soothes and freshens.

Price: 175ml £14.99

For stockists:
Tel: 08702 401444

