

Natural Beauty

Hannah Prasad

Natural beauty is a movement that doesn't seem to be slowing down anytime soon. As society grows more and more concerned with what we feed our bodies and minds, the same sentiment is evident with our skin, and the rise in ethical and organic skincare is continually expanding. This month, *Sydney Observer* has found a selection of products that will help your natural beauty shine.

Lip Scrub

Lip scrubs are an easy and cheap way to rejuvenate your lips, especially in the colder months when our lips can get chapped and neglected. Exfoliating your lips is essential to ensure your lipstick will glide on effortlessly. A base of sugar and honey is all you need then you can add your favourite scents and flavours. Trying using the scrub with a toothbrush for the perfect pout!



Hand Care

Freckles and extra skin pigmentation on our hands are exacerbated by the sun, and much like our faces, the skin on our hands and wrists are susceptible to photoaging. So as we head into the warmer months, it is essential we offer hydration and SPF protection to a part of our body that tends to get overlooked.

Enbacci's Brightening Hand & Nail Cream protects from oxidative stress and free radicals caused by UV sun exposure and environmental factors. With a combination of aloe, shea butter, coconut oil and sweet almond oil, this vitamin A and E rich cream also reduces the appearance of stubborn sun and age spots, wrinkles and fine lines, while preventing the onset of new ones.

The range also includes a Nourishing Hand Wash, which contains coconut oil, and a Moisturising Hand & Nail Cream that is the perfect finish to your night-time routine

Perfume

Once you have created a soothing atmosphere with help from our Soothing Scents article (28), get ready to let Bellé Botanique's ethereal perfumes coat your body and calm your mind. Bellé Botanique create perfumes that are 100% natural and non-toxic, aiming to combat the health concerns linked to mass-market fragrances.

Research conducted by the Campaign for Safe Cosmetics found 38 unlisted and potentially harmful ingredients in a review of the world's 17 top-selling fragrances. A few of the chemicals include benzyl benzoate, benzyl salicylate and diethyl phthalate, which have scientific associations with allergy onsets, reproductive toxicity and endocrine disorders. In other words, nasties you don't want on your skin!

Bellé Botanique uses natural, organic and sustainably harvested ingredients such as flowers, leaves, fruits, herbs, spices, woods, resins and roots. Not only do the perfumes have a sweet lingering smell, they also harness mood-enhancing benefits. A few of the scents from the range include Geranium Rose, Frangipani Neroli & Ylang Ylang and Tangerine Cardamom & Lavender. What will you try first?



Underarm Detox

KIND-LY's armpit mask is a detox for your pits! This 7-day cleanse draws out impurities, clears skin and assists in the transition to natural deodorant. Just like a clay facemask, KIND-LY works in the same way. All you have to do is leave the mixture on for 15 minutes, have a cup of tea and relax. Consisting of activated charcoal, Australian bentonite clay and colloidal silver, this cruelty-free and organic product is perfect for those who are considering a natural alternative to traditional deodorant.



In Style Turramurra

SPRING MARKET

Supporting Hornsby
Ku-ring-gai Women's Shelter

- quality collection of boutique stalls
- ample parking
- wheelchair friendly (lift)

**Friday 30 August
and Saturday 31 August**

Turramurra Masonic Hall
Cnr Pacific Hwy & Turramurra Avenue

10 am - 3 pm

Free Devonshire Tea supplied. Gold coin donation welcome.
www.facebook.com/instyleturramurramarket

SEASONAL EVENTS DATES

Summer Xmas Market Thu 31 Oct & Fri 1 Nov