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Beauty Basics

“You’re how old??” is usually the reaction when people learn I was born in the ’70s. What’s my secret? Well, my friends, that’s a healthy combination of a good diet, genetics, and the natural stuff I’ll share with you here.

There are SO many chemicals we’re confronted with each day, many of them we do to ourselves. Think about it: hand soap (not just the stuff at your house), shampoo, conditioner, body wash, body lotion, toothpaste, make-up (count how many products are part of your make-up routine alone), hairspray/gel, deodorant, moisturizer... did I miss any? Research is showing a correlation to specific chemical stabilizers in these products and certain cancers, particularly breast and other female cancers due to the endocrine disruption that these parabens, phthalates, and others are notorious for.

I’ve compiled some of my absolute favourite beauty tips - tried and true.

Deodorant? I was the worlds biggest skeptic on this one... until I made and tried it. I have since tossed all of my other aluminum-free deodorants out (and I sure did love those). Natural deodorants don’t work, and I’ve tried many. This one, however, I just can’t even express it. There are tons of recipes out there - this is the one I rely on and LOVE.

3 tbsp organic coconut oil (high quality stuff required here)
2 tbsp baking soda

2 tbsp arrowroot powder or cornstarch

Mix the baking soda and arrowroot/cornstarch together. Add the coconut oil and mix all together until a thick paste forms. Store in a little glass jar; should last a couple months. Happy armpits!

Moisturizer? Apricot kernel oil. And that’s it. It’s light, absorbs well, and can even be used under make-up. You can find it in any health food store in with the other beauty products and oils.

Oily skin? Apricot kernel oil is perfect for you. Avoid stripping the skin of oil with cleansers that contain alcohol as this just encourages the skin to produce more protecting oil, resulting in super shiny skin - exactly what we don’t want. Apply apricot kernel oil only at night at first so that you don’t have to worry about your skin during the day. Over the next week or two, with more application of straight oil to the skin (twice per day), you’ll notice your natural oil production decreases. Lovely.

Another tip for oily skin: only do a thorough rinse with water in the morning to wash away excess oil but leaving some on there to prevent the rebound oiliness. Use a non-drying cleanser at night.

Acne? This is a really tough one as the root causes may vary. Still, keep your products as simple as you can. Wash your pillowcases regularly or flip/change them every few days. Watch how much you touch your face or have hair floating near it. Wipe your phone down. You get the idea. Acne is often caused by one or a combination of the following: hormonal imbalances, diet, or stress, provided that the hygiene bit is adhered to.

My other favourite oils:

Jojoba oil - perfect as a make-up remover, especially for waterproof make-up.

Rosa mosqueta (wild rose) oil - prevents collagen breakdown and promotes healthy collagen production... though I wear my crows feet as a badge of honour, this can help you slow the process.

General tips for a healthy glow?

- 1.** Eat a healthy diet with lots of fruits and veggies. Skin loves antioxidants that prevent cellular damage.
- 2.** Speaking of cellular damage, nothing beats up a cell like smoking does. Quit.
- 3.** Keep refined foods and sugar to a minimum. More chemicals, more inflammation, less happy skin.
- 4.** Manage stress. Smile to encourage the happy lines instead of the worry lines. Also, smiling decreases your stress hormones. Why did the belt go to jail? He held up a pair of pants! HA! You're welcome.
- 5.** Water, water, water! Hydrate from the inside-out, flush out cellular metabolites, and keep wrinkles from sinking down lower.
- 6.** Check how your current products stack up on the toxicity scale at the Environmental Working Group's website (ewg.org/skindeep) or try out their app for a great reference when you're at the store.
- 7.** There are natural make-ups that work. I promise. I use them. Take a peek at The Detox Market as they are a one-stop shop for all things natural *that work*. They're my go-to for lip balm, lipstick, and make-up.
- 8.** I've also discovered that Winners or HomeSense often stocks some great natural brands - high quality things that are low in toxicity and they work. It's hit-or-miss, but when it works, it works well. I get my shampoos and conditioners here.

I hope you've learned one or two tips for healthy skin and how to decrease your toxic exposure. Any questions, please feel free to ask. If you have great beauty tips of your own, please share and I'd be happy to pass on the wisdom!

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