




From Dust to Dust... *Naturally Beautiful*

Being someone that rarely leaves the house without a sweep of Mascara and a few dots of Concealer, I have consistently looked for make up that is both safe and natural. *By Lesley-Ann Trow*

My sensitive skin means, whatever I apply needs to be hypo-allergenic and free from chemical nasties - otherwise I'm red and blotchy within minutes. The best results I've had so far are with mineral make up. This is delicately effective make up, which comes in a huge range of colours and preparations with everything from liquid and powder foundations through to eye shadow and blush.

What makes mineral make up different from other foundations and powders, is its ability to give great coverage without blocking pores, therefore allowing your skin to breathe. Most foundations create a film on your skin; whatever is trapped under that film stays there until you next cleanse your skin. Underneath your make up may be inflammation in the form of acne or pimples, Eczema, Dermatitis or even Rosacea and all day long your film of foundation is holding in the heat of that inflammation and causing ... more inflammation. It's no mystery then, why most make up only makes these conditions worse, leading many women to apply more make up to cover blemishes. Mineral make up is non-occlusive, meaning it doesn't form a film on the skin and won't lead to further inflammation.


Mineral make up has also been recommended by plastic surgeons and other health professionals for its ability to cover scarring. With mineral powder foundations, you can apply several layers to create the coverage needed, without fear of blocking pores and causing breakouts. Mineral eye shadow is also great because it's water resistant; it doesn't slide into the



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creases of your eyelid, and it won't cause redness or itchy eyes. So your make up stays put all day or night, even if you wear make up when exercising, your skin can breathe and you'll stay gorgeous - and above all else your skin will stay healthy. Another great bonus is that loose mineral foundation is formulated with Micronized Titanium Dioxide and Zinc Oxide. These natural minerals block harmful rays from the sun.

There are several brands of mineral make up available now but there are a few things you need to know before you make your choice. Look for a brand with No Talc - even though Talc is a mineral, it's not the kind of mineral you want in your make up. Talc can clog pores and can dry your skin, leading to the same inflammation issue as with a regular foundation. Bismuth Oxochloride and Boron Nitride are also ingredients that may cause irritation in more sensitive skins, and if you're buying a liquid mineral foundation, be sure to check that it contains a non-paraben preservative. As always when buying cosmetics and skincare, check the packaging to ensure it's recyclable, if not reusable.

There are several great Aussie companies producing mineral make up, you can find most of them online, and some in pharmacies and health food shops. Buying Australian cosmetics and skincare, means you don't have to concern yourself with the cost in both financial and environmental terms of getting the products here. The other benefit is that if you have a question regarding your make up, you have the convenience of being able to contact the company directly.

... continued from page 102.

Labreni

Labreni Skincare was born out of need. Founder, Lynn Amadori had severe rosacea, and could not use traditional makeup or skincare products without severe reactions. Labreni products are designed for people with skin conditions such as rosacea, dermatitis, solar dermatitis, eczema, psoriasis - or those with acne prone or very sensitive and/or reactionary skin.

The good news does not stop there, everyone can benefit from this skincare range for the pure fact that there are; no synthetic chemicals or preservatives, no petrochemicals, no sulphates, no parabens, no mineral oils, no dyes, no fragrance, and they are never tested on animals - 95% of products are also vegan friendly. These products are formulated from natural ingredients, derived directly from plants and from the earth, organic and cold pressed oils, emulsifiers and preservatives are all natural and include neem, kukui nut, jojoba & manuka Oil, organic green tea extract, organic herbal extracts, soy protein, organic butters, sea kelp, ginseng, silk & organic clays. Certified organic products are used where possible.

For all natural Australian mineral make up:
www.labreni.com.au

Applying Mineral Makeup

All loose mineral powders can be used as eye shadows, blushes, eyeliners and lip gloss. You can even add to clear nail polish to colour. Mineral foundation can be used as a concealer, powder and sunscreen. Always start with a clean dry bare face that has been moisturised.



Wet: Dampen a flock or latex sponge, tip a little powder into the lid and dab with a sponge, and gently spread over the area to be covered (great as a concealer before brushing on foundation).



Dry: Use a good quality natural fibre brush. Tap a small amount into the lid, dip the brush in and swirl it in the lid until the minerals are picked up by the brush. Tap off excess minerals on the side of the jar or tap the brush handle first on the bench so minerals travel into the brush head. Blend the minerals down your face until you have the coverage you want (TIP -two light layers will give a better finish than one thick layer). For smaller areas use a contour brush and apply under eyes and around nose to conceal dark areas and large pores.