


YOUR NATURAL beauty

 Your Natural Beauty Ireland

ISSUE 3



Supporting the Orchid Project

Organyc has recently donated over £3,000 to the Orchid Project, a charity dedicated to helping to end Female Genital Cutting (FGC). Organyc has worked closely with the Orchid Project for the past three years to help end FGC in young girls and women around the world, supporting the project in many ways including contributions, a text appeal and collection boxes in health stores throughout the UK. It has also been donating 5% from all the Organyc product sales to the Orchid Project and has raised over £3,000 throughout 2015/16.

The Orchid Project has a vision of a world free from Female Genital Cutting, a harmful practice involving the full or partial removal of girls' external genitalia. It serves no medical purpose and can lead to many severe psychological and physical difficulties throughout life. There are 120 million women and young girls who are living with the after effects of FGC worldwide. Organyc is proud to support The Orchid Project and you can find out more about how to do so at orchidproject.org.

You can donate £5 by text today to the Orchid Project and help end FGC Text 'ORCH10£5' TO 70070



From L-R, Marta Camuso Julia Lalla-Maharajh and Graeme Hume. Organyc presents its donation cheque to Julia from the Orchid Project.

Supercharge your skincare

Eating your green, leafy veg is one healthy eating habit that's never been in doubt. Aside from being great sources of iron and vitamin C, the chlorophyll they contain is a superfood that has great nutritional value and potent antioxidant properties. For starters it protects cells from oxidative damage by eliminating free radicals – those devious little elements that have been linked to skin ageing. Eat up lots of spinach, kale, wheatgrass and sprouts and you'll be getting your daily dose. Including it in your diet is great; including it in your skincare

as well gives you a chlorophyll double-whammy for your skin. It works as an anti-oxidant, anti-inflammatory and anti-microbial and so using chlorophyll in your skincare products is one way to help boost skin health and prevent acne and other minor skin complaints. The Alore range is the only natural and organic skincare brand to effectively use chlorophyll in skincare products. The range includes cleansers, toners, moisturisers and a gorgeous summer facial mist – give them a try and supercharge your skincare routine.

Natural summer beauty

Update your summer make-up look with the new colour cosmetics from Lavera. Inspired by fashion trends straight from the fashion capitals of the world, the new range includes eye creams and eye shadows in a variety of shades, from classic nudes and golds, to intense blues. There's a brand new line of mousse blush to define and highlight your cheeks and lingering lip glosses and lipsticks to update your pout. Plus a unique Front Row curl mascara to create defined and lengthy lashes in seconds. As always the new Lavera range is natural and organic and offers a wide product selection of innovative textures and colours to suit every complexion.



NEW

lavera

NATURKOSMETIK

COLOUR COSMETICS

Trend Sensitiv



lavera. natural. effective. beautiful.

The make-up range from lavera colour cosmetics offers a wide product selection for your complexion, eyes and lips. Innovative textures and a large colour selection, inspired by the fashion trends of the fashion capitals of the world, enable a variety of looks – from classic to modern. In this, lavera Naturkosmetik uses only 100% natural ingredients for utmost effectivity and compatibility. The high care content nourishes the skin with precious ingredients and promises make-up without compromises.



100% certified natural personal care
 That's what lavera stands for - since 1987.
 With the 10-point quality guarantee.



www.lavera.ie

A word from the editor

This issue we focus on the F words – family, fundraising and fairtrade! Day to day natural skincare is important for young skin, especially when it comes to avoiding skin complaints and sun protection – make sure you have a read of our guide to the best natural products for your family on page four. Organic feminine hygiene brand Organyc has been busy fundraising for the Orchid Project and you can read more about this in our news section. And finally we look at Fairtrade towns and how Ireland is forging the way when it comes to supporting the Fairtrade movement.

All that together with all your usual news and reviews, plus a chance to win a lavera make up set below.

Happy reading folks!

Sian Anderson

Editor



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Giveaway

WIN! A lavera make up set

Your Natural Beauty has teamed up with natural and organic beauty brand Lavera to giveaway a gorgeous set of their new organic make-up range worth over €50.00. The set includes Front Row Curl Mascara, Mousse Blush, Lipstick, Eye Cream, Mineral Eyeshadow and a Lip Gloss. This make up set is all you need to create a gorgeous natural and radiant complexion and is the must have natural and organic make up products to add to your make up collection.

HOW TO ENTER

Just visit www.rudehealthmagazine.ie/competitions, tick the box for the *Your Natural Beauty* prize draw and enter your details. Closing date 19 August Full terms and conditions can be found at www.rudehealthmagazine.ie/compterm.



Taking care OF YOUR *family*



A natural and organic approach to skincare is just what you need when it comes to protecting young, delicate bodies from skin irritation and sunburn

Family life is busy, from feeding the baby to packing lunchboxes and everything in between, so it's no wonder that sometimes skincare gets pushed to one side. But young skin needs care and attention. The use of synthetic materials and non organic products can cause irritation, adopting a natural and organic approach helps to nourish and protect precious youngsters.

BABY LOVE

When a new addition comes along, love, kisses and never-ending nappy changes aren't all they need: making sure their delicate skin is cared for is all part of the daily routine. Many parents turn to cotton wool as a safe bet but non-organic cotton may in fact contain pesticide and chemical residues. Cotton wool pads and baby wipes are in contact with baby's skin several times a day and it's especially important to consider the health impact of exposure to these chemicals if you use non-organic products. The Organyc baby range is 100% organic so you can be sure baby soft skin is in good hands. 'Organyc products are made with certified 100% organic cotton which has been grown without the use of pesticides or bleached with chlorine during production.'



says Ingrid Hume from Organyc. 'It's a small change to switch to organic cotton products, but the benefits to your baby's skin are enormous.'

AVOIDING ECZEMA

Too many bubble baths and non-organic products may result in eczema patches in youngsters. The irritation is most common in children, affecting around 10% of all children and babies, and can appear any where on the skin, elbows, face, scalp and behind the knees. Eczema is a chronic itchy skin condition that can be exacerbated by the use of conventional skincare products that contain parabens, SLS and synthetic ingredients. Soothing and calming natural products are ideal to

treat eczema; they have a gentle formula on the skin to keep irritation to the minimum. Make sure you use products that nourish and moisturise the skin to keep it hydrated and avoid drying out; The lavera Baby and Child Neutral range is highly recommended for skin sufferers and offers a money back guarantee, should there be a reaction. The natural and organic formula is fragrance free so it does not potentially further irritate the skin. The range nourishes, protects and cares for the skin deep down with its pure vegetable ingredients.

FUN IN THE SUN

As children grow, skincare becomes even more important - with all that mucky running, jumping and climbing trees business to clean up after. Young skin is 20 to 30% thinner than that of an adult, meaning it is more susceptible to environmental damage. Young skin easily absorbs more toxins therefore natural, organic and safe products should be used instead of conventional chemical-filled products. When it comes to the



never-ending task of applying sun cream in the summer months, it's worth remembering that the skin will absorb 60% of the product applied. Organii organic sun cream comes in a range of SPFs for all the family and it easily blends and absorbed without nasty chemicals to worry about. Factor 50 is without fragrance and gives maximum coverage for young skin and it also contains skin nourishing and moisturising extracts of olive fruit, jojoba, sunflower and Argan oil to keep skin soft and supple while enjoying the sun.



Top tips for managing eczema

- Keep bath time to a minimum – three times a week should be fine. And use a Baby and Child Neutral Hair and Body Shampoo
- Lock in your moisture on precious bundles' damp skin by applying a good layer of lavera baby and child neutral protection cream
- Set your washing machine to add an extra rinse cycle to minimise any detergent residue.
- Dress your baby in soft cotton materials, organic where possible, and avoid anything itchy or scratchy – sorry, that means no more cute woollen knits!
- Watch out for diet triggers – dairy, wheat, chocolate and nuts can be causes for skin irritations so try keeping a food diary to identify possible issues.



YOUR NATURAL BEAUTY

Fair and SQUARED

Ireland now has over 50 registered Fairtrade towns, all doing their bit to improve worldwide living and working conditions. Find out how you can do more and encourage your town to go Fairtrade too

Always ahead of the curve when it comes to important health trends, Irish towns across the country are now supporting the Fairtrade movement. The move to Fairtrade started with Clonakilty back in 2003 and as well as the 51 registered towns, there are now many more waiting to have their status approved. As a Fairtrade town these spots have to make a commitment to support Fairtrade and use licensed products with the Fairtrade mark as a starting point, with different milestones to reach.

Ireland has been leading the Fairtrade path for sometime now, with a Eurobarometer survey (Eurobarometer 389), published in July 2012, showed a 78% awareness of the Fairtrade logo in Ireland, more than double the EU average. Sales of Fairtrade goods have nearly doubled since 2009 and in 2013 ranked 7th in the world

for sales of Fairtrade products.

Fair Squared is completely behind this drive to support Fairtrade in all forms. The is all about ensuring a fair price for both producer and consumer. The brand includes a huge range of shaving, hair and body care products – all made using fair trade ingredients with the added bonus of organic and vegan certification. Knowing that you're concerned about living and working conditions in many parts of the world is why Fair Squared launched its brand – so that you can buy your health and beauty products and feel confident that they are doing good.

As great as it is to have 51 towns already registered, more are needed. Help to double that number by registering your town as a Fairtrade supporter too www.fairtrade.org.uk/en/get-involved/in-your-community/towns

OFFICIAL FAIRTRADE TOWNS

Antrim	Kinsale
Athlone	Leighlin
Ballymun	Limerick
Baltinglass	Longford
Banbridge	Maynooth
Bandon	Midleton
Bangor	Mullingar
Bantry	Naas
Belfast	Newry
Bray	Portlaoise
Carlow	Rathlin I.
Carrick on Shannon	Roscommon
Carrick on Suir	Roscrea
Cashel	Skibbereen
Castlebar	Sligo
Clondalkin	Thurles
Clonkilty	Tipperary
Derry	Tralee
Donegal	Tuam
Dublin	Tubbercurry
Dundonald	Warrenpoint
Ennis	Waterford
Galway	Westport
Gort	Wexford
Greystones	Youghal
Kilkenny	



**Fair Squared
is now
available
from health
stores**



ORGANII

EVERYDAY ORGANICS

The new Organii sun range offers products for the whole family, from the high protection, fragrance free SPF 50 Sun Milk which can be used on all ages including babies, to the SPF 15 Anti-Ageing Sun Cream.

All certified organic by ICEA, the sun protection products have natural, mineral filters which protect the skin from harmful UVA and UVB rays as well as vegetable extracts and oils from organic farming to both protect the skin and maintain skin smoothness.



SPF 15 Anti-Ageing Facial Sun Cream

This organic facial sun cream not only protects you from harmful sun rays, but the anti-ageing formula will help repair fine lines and wrinkles in the skin.

50ml RRP €17.19



SPF 20 Sun Milk

Ideal for fair and sensitive skin, this medium protection Sun Milk has been formulated without colourings, synthetic chemical filters and parabens, protecting your skin naturally and safely.

125ml RRP €23.85



SPF 50 Sun Milk

This fragrance free Sun Milk is mild enough to be used on the whole family, the high protection formula has a fluid consistency meaning there is no whiteness and no sticky residue that both adults and children hate!

125ml RRP €26.51



After Sun

This moisturising and soothing cream has been specifically formulated to restore the softness and moisture lost from the body and face during sun exposure.

50ml RRP €4.66



Available from good health shops, independent pharmacies and online at www.naturalskincare.ie

www.organii.uk



BEAUTY NEWS

Keep up to date with our latest beauty news...



Government to ban microbeads

We have focused on the horrendous damage plastic microbeads can do to our seas in the past. We're chuffed to say that the government has now committed to banning the manufacture of products containing microbeads

in the UK, in line with the United States. Environment minister George Eustice made the announcement at a recent meeting of the environment audit committee and it's hoped the ban could be in place as early as 2017.



OBE for The Orchid Project CEO and founder

CEO and founder of Organyc's chosen charity, The Orchid Project, Julia Lalla-Maharajh has been awarded an OBE in the 2016 Queen's Birthday Honours list. Julia was awarded the honour for her campaign to the end female genital cutting (FGC). Julia founded The Orchid Project in 2010 and has since worked tirelessly to reach her vision of a world free from FGC. Congratulations and well deserved Julia!

TRENDS ALERT

This season's look is all about natural beauty with a pop of colour. Follow our pick of the top trends and you'll be on the right track.

Glow over contouring

Forget matte contouring, this season's look is all about glowing from the inside out. Apply Lavera colour correction cream 8-in-1 tinted moisturiser and let your skin's natural glow speak for itself.



Earthy eyeshadows

Your glowing base is only enhanced with a natural eye look – think earthy browns and creamy beiges. Work a base colour such as Benecos Frozen Yoghurt and then add contour around the socket and into the corner of the eye with a darker shade like Benecos Mauve Me.

Pink lip

Your base and eyes might be all natural but a pop of pink to finish the look will have you bang on trend. A sliver of Benecos Natural Hot Pink will do the job nicely.



Natural, wavy locks

Put the straighteners away and let your hair dry naturally – smooth over a few drops of Khadi Vitalising Hair Oil, concentrating on the ends, for shiny, healthy looking locks.

YOUR NATURAL
beauty

* Coming next issue in Your Natural Beauty...

Your essential guide to natural feminine hygiene
Step into autumn – natural autumnal tones for your hair
Find out more: Ayurveda, Soul Tree and Khadi