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Green Parent

NATURAL

BEAUTY

BIBLE 2019





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WELCOME



We are excited to bring you our Natural Beauty Bible 2019. Inside you'll find the results of the Natural Beauty Awards. This handy guide can be used to help you make the best choices for you and your family (everything from bubble bath for kids to the finest in ethical make-up). Our panel of experts tested each and every product and rated them according to their ingredients, effectiveness and packaging. Here we highlight the crème de la crème!

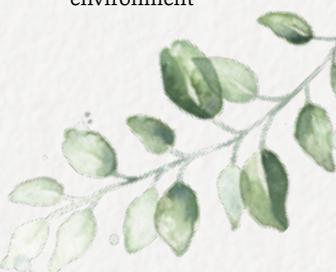
We love those companies who give something back and you can read about some of these pioneering beauty brands on the following pages. Also, check out thegreenparent.co.uk for stories, inspiration and ways to easily take action at home.

A new award category this year is our Plastic Free winners. With these products you can be assured that you are not contributing to consumer waste or polluting the oceans.

Want more? We can give you a weekly boost into your inbox on a Wednesday night to help supercharge your weekend – go to tinyurl.com/tgpweekly. You can also subscribe to the magazine and get gorgeous beauty products to indulge yourself with (see page 27). Sign up at thegreenparent.co.uk/subscribe.

Stay beautiful, **Melissa Corkhill** - *Editor*

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WITH MANY THANKS TO ALL OUR NATURALLY BEAUTIFUL TESTERS

Lizzie Archer, Laura Ashton, Helen Bogle, Laura Bridle, Juliet Burcher, Kety Cocklin, Elizabeth Cohen, Lucy Cunningham, Lucy Farmer, Rebecca Gurnham, Hannah Hiles, Victoria Jacques, Zoe Jolly, Catherine Joyce, Laura Lismanis, Amanda McLaughlin, Kirsty McNicol, Maxine McVeigh, Jessica Morris Vasiljevic, Michelle Noel-Smith, Justin Nurse, Simon Pope, Rachel Power, Vanessa Ramsden, Jenny Reilly, Karl Rosenbloom, Gemma Sampson-Munday, Anne-Marie Sangster, Lyn Shephard, Liz Skidmore, Cath Smith, Charlotte Stevenson, Rebekah Sutton, Donna Taylor, Tania Watkins, Amy Wilson, Pauline Woodcock, Nicola Woods

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WHEN PRODUCTS ARE CERTIFIED, YOU KNOW YOU'RE BUYING THE BEST!

Ben & Anna

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www.benandanna.uk



Ben & Anna 100% natural origin, vegan & cruelty free deodorants with 0% aluminium. All fresh ingredients and the zesty scent of lime, this is the natural deodorant that actually works. The Persian Lime deodorant is for men and women alike and comes in fully biodegradable and recyclable plastic-free packaging. The full deodorant range is certified organic by NaTrue and registered vegan by The Vegan Society.

ORGANII

After Sun 150ml £11.95
www.organii.uk



Rehydrate, refresh and nourish your skin after enjoying the sun with the ORGANII After Sun Cream. Enriched with aloe vera juice, vitamin E and calendula extract to soothe, calm and restore the skin, restoring softness and hydration. Registered vegan by The Vegan Society and certified organic by ICEA. Also available in travel friendly 50ml, £4.00.

benecos

Raspberry Lip Balm £2.95 www.benecos.uk



Sweet lip care with a fruity raspberry scent. Keep your lips soft and hydrated this summer with the best selling lip balms from benecos. All vegan, the raspberry lip balm is packed full of organic shea butter and raspberry seed oil to hydrate and nourish. Available in 6 flavours, certified organic by BDIH. benecos natural and organic cosmetics care for all the family.

eco cosmetics

Hair Mousse £9.95
www.allnaturalme.co.uk



Tame your locks this summer with the award winning hair mousse from eco cosmetics. Packed with natural and organic ingredients to help nourish hair whilst boosting volume and shine. Goji Berry is known to improve hair strength while added Pomegranate boosts moisture and prevents hair from feeling dry. Certified organic by EcoCert and registered vegan by The Vegan Society.

FAIR SQUARED

Period Cup £17.95
www.fair-squared.co.uk



Manage your period plastic free with the FAIR SQUARED Period Cup. Silicone free, this eco-ethical cup is made from 100% Fairtrade natural rubber and available in two sizes. The cup is compostable with fully biodegradable packaging, working with mother nature the natural way. Registered vegan by The Vegan Society. Also available in pink.



Pioneering Spirit

MEET THE
MAKERS



Shauna Gallagher, 30, is the founder of The Natural Beauty Pot. She lives in County Fermanagh, the most westerly part of the UK.

"I've always been interested in skincare; I suffered from eczema as a child, and then experienced

stressed-out skin as a teen, so I decided to arm myself with knowledge; I trained as a beauty therapist. I was recommended products, from big brands to the supposedly natural, and found that after using them, my skin got worse. There's no legislation on the use of terms 'organic' and 'natural', some supposedly gentle products contain as little as 0.1% natural ingredients. Inspired, in 2009, I launched my business." naturalbeautypot.co.uk



BEST BEAUTY ADVICE

Look after your skin, you'll wear it every day of your life!

DESERT ISLAND PRODUCT

It has to be our Beauty Balm; it's multipurpose so you can use it on the lips, hands, face and hair for a variety of different concerns – you can pretty much put it on anything!

WHAT'S NEXT FOR YOUR BRAND?

A new soy candle fragrance, which has been so popular that I am planning to develop the range further. We'll be launching a new cleansing product, and adding new shades to the mineral makeup range.



ACTIONS TO TAKE AT HOME

- Look for brands which offer transparency, and don't be afraid to ask questions
- Make small changes, rather than trying to change everything at once. Pick one product and swap it out for greener alternative.
- Make the changeover easy for yourself! When I first ordered bamboo toothbrushes, I bought four; by stocking up, it means that I won't be tempted by convenience when I need a new one.



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Available at selected Holland & Barrett stores
and online at www.hollandandbarrett.com

www.drorganic.co.uk

Natural BEAUTY AWARDS 2019

SKINCARE



Toner

GOLD Gentle Rose Water, £17, phbtheticalbeauty.co.uk "I found this toner really soothing, hydrating, comforting, a treat for the senses and made the application of products after better." **Lyn S**
SILVER Acqua di Miele - Honey & Orange Toner, £30, casamencarelli.co.uk
BRONZE Floral Toning Lotion, £21.90, organicbotanicals.com

Cleanser

GOLD Jane Scrivner Nourishing Cleanser, £33, janescrivner.com "This balm is slightly fragranced. It's gorgeous to use and feels luxurious. Came complete with a hand mitt and a wooden spatula for dispensing. It glides around and does an excellent job at removing makeup, even mascara. One extra thing I have noticed is that some pores on my nose are much less visible and the area looks smoother. The effects of this product were noticeable after the first application. As I have continued to use it I've noticed the refining of my pores." **Pauline W**
SILVER Balancing Cleansing Balm, £21, luckycloudskincare.com
BRONZE Green Clay Cleansing Balm, £29.50, bysarahlondon.com



Face Mask

GOLD Shea Hydration Mask, \$33.50 USD, marinamiracle.com "This mask has a delicious fragrance of fresh apples, a luxurious texture and provides deep moisture to the skin. After 15 minutes, my skin looked amazing and had a wonderful healthy glow. My skin felt smooth and plump as claimed by the company. A weekly treat for dry or sensitive skin." **Rebekah S**
SILVER Reveal Your Glow Mask, \$24.95 AUS, kosmea.com
BRONZE Aromatic Face Mask, £34.95, lovegroveessentials.com



Day Moisturiser

GOLD Active Rosehip Day Cream, £25.95, kinvaraskincare.com "My favourite product! This cream makes my skin feel luxuriously smooth and I have noticed how soft and velvety my skin is after using this for a few weeks now. I love the smell of the cream - oaty, softly fragranced. It works as an anti-aging cream as well with the active rosehip oil. I would highly recommend this cream." **Elizabeth C**
SILVER Coconut & Rosehip Calming Cream, £28, whiterabbitsskincare.co.uk
BRONZE Botanicals Gentle Moisturiser, £24.50, botanicals.co.uk



Eye Cream

GOLD Rose Renew Eye Cream, £32, baiebotanique.com "My favourite product! Beautiful scent, results seemed instant and my skin just drank it in. Loved wearing this!" **Laura A**
SILVER Wonder Eye Cream, £20, balanceme.co.uk
BRONZE Sorbet Glow Super Firming Eye Treatment, £38, willowbeautyproducts.co.uk

Natural BEAUTY AWARDS 2019

SKINCARE



Night Moisturiser

GOLD Nurse Bee Universal Balm, £15, honeybeebeautiful.co.uk "This lovely balm for patches of dry skin, I used it on myself and my son. After a couple of applications, the dry areas on our skin dried up. We found we would need to continue using it to keep the dry skin at bay." **Donna T SILVER** Overnight Radiance Serum, £60, puresavvy.co.uk
BRONZE Organic Age Defying Night Cream, £39, hemsleyorganics.com



Facial Oil

GOLD Glory Oil, £39.95, ecotan.com.au "This facial oil is pale and fragrance free. It contains a very high percentage, 99%, of organic ingredients. It doesn't contain any essential oils, but is just packed with different nourishing oils. It absorbs very quickly and almost feels like a dry oil, it leaves absolutely no oily residue and my skin feels very smooth to the touch after using this. It is calming and soothing, gives my skin a boost and when I wake in the morning my skin has a bloom to it. This is a really lovely product" **Pauline W SILVER** Three Kings Sacred Face Oil, £55, babilastar.com
BRONZE Amaranth Face Oil, \$85 USD, marinamiracle.com



Facial Scrub

GOLD The Konjac Sponge Co-Tourmaline Face Sponge, £9.99, nicheandcult.com "This really appealed due to the ease of use. Just wet the sponge and it cleans your face without the need for any other product. Once wet the sponge is really soft & glides easily over your skin. Just rinse & re use." **Vanessa R SILVER** Purifying Exfoliating Facial Polish, £13.99, urbanveda.com
BRONZE Rosehip Peeling Mask, \$30.50 USD, marinamiracle.com



Skin Serum

GOLD Evolve Organic Beauty Superfood 360 Serum, £38, evolvebeauty.co.uk "I have used this serum both morning and night. It makes a great base for make up and my make up lasted well after use, it has helped to soften fine lines and give my skin a boost. My skin looks brighter and more radiant after using this serum. One pump is sufficient for my entire face and the consistency of the serum makes it easy to apply." **Pauline W SILVER** Radance Eye & Face Serum, £35, elixirbysarah.com
BRONZE Vitamin Skin Boost Serum, £35, uk.africologyspa.com

BEST BUYS

- 1 Green Tea Balm, £20, purepurposecosmetics.co.uk
- 2 Nakin Advanced Cleansing Milk, £15, nakin skincare.com
- 3 Beauty Balm, £14.99, lyonsleaf.co.uk
- 4 Ayumi Naturals Sandalwood Face Wash, £6.99, urbanveda.com
- 5 Aloe Vera Micellar Cleansing Water, £6.99, drganic.co.uk
- 6 Mango Balm Cleanser & Mask, £14.50, wheethtmasks.co.uk
- 7 Tropic Deep Hydration Soothing Cooling Mask, £20, tropicskincare.com
- 8 Super Serum, £22, 360botanics.co.uk
- 9 Mullein Oil, £15, herbpharmacy.com
- 10 Rejuvenating Anti-Oxidant handmadenaturals.co.uk
- 11 Face & Neck Serum, £16.75, handmadenaturals.co.uk



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Breaking the cycle

MEET THE
MAKERS



Claudia Keogh is the founder of HoneyPie Minerals. She lives in Essex and enjoys gardening, cooking and walking.

"HoneyPie Minerals grew out of my own struggles

with acne and the need to find an alternative to the products I was using. I found myself in a vicious cycle of covering my problematic skin with liquid makeup that unknowingly contained irritating and synthetic ingredients, which in effect just made my acne worse. In 2011, I decided to switch to natural products which would be kind to my skin and also the planet." honeypieminerals.com



BEST BEAUTY ADVICE

Wash your makeup brushes regularly. Use cruelty-free and vegan brushes because animal hair bristles can be skin irritants for those with sensitive skin.

DESERT ISLAND PRODUCT

Our Mineral Foundation. I love it so much and couldn't live without it. It includes Zinc Oxide and Titanium Dioxide which have naturally-occurring UV protection properties, very handy in a desert island situation!

WHAT'S NEXT FOR YOUR BRAND?

We are launching a zero-waste refill system where customers can recycle and reuse their existing sifter jars and purchase their refill shade in biodegradable packaging.



ACTIONS TO TAKE AT HOME

- Buy your household cleaners in bulk. I purchase in five litre quantities to refill spray bottles. I love Bio-D's cleaning range, they are made in the UK and come in recycled packaging too.
- Switch to soap and shampoo bars. There are so many lovely brands which are palm-oil free to minimise our impact on the planet.
- Choose organic cotton or bamboo wash cloths which can be washed and continually reused.

Natural BEAUTY AWARDS 2019

MAKE UP



Nail Polish Remover

GOLD Benecos Nail Polish Remover. £5.95. pravera.co.uk

"The smell was much more pleasant than my usual nail polish remover. I loved that it was natural without acetone or lurid blue colourings in. It worked very well, removing my nail polish quickly and easily. I didn't need to use much for the product to be effective. I removed my nail polish using washable make-up remover pads and was able to rinse the product out easily. I will keep a separate pad for this purpose. I love that the product was organic and vegan friendly too." **Katy C**

Lipstick

GOLD Wild Fire Lipstick, \$33 NZD, livingnature.com "This Living Nature lipstick goes on the lips quite easily. It has semi-matte finish. It felt bit dry on my lips but the colour (wild fire) was stunning; classic red! Whilst it did fade on my lips it still left my lips slightly tinted so it was not bad thing. I received lovely compliments how nice I looked with this lipstick on!" **Laura L**
SILVER Certified Organic Lux Lipstick, £29.75, zuiiorganic.com
BRONZE Triple Luxe Long Lasting Naturally Moist Lipstick, £24, janeiredale.co.uk



Concealer

GOLD Mineral Concealer Green Corrector, £7.99, honeypieminerals.com

"This was a lovely little product - so quick and easy to apply. I just brushed a small amount on red areas of my face and blemishes and applied my usual foundation on top. It provided a much more even finish than using my foundation alone and I really liked the results. I often get spots and red blotches and, to be fair, my foundation alone does a pretty good job of covering it up yet having used this product I've found it to be the product I didn't realise I was missing but will definitely be getting again. The packaging is 100% recyclable, it's vegan, cruelty free, free from lots of nasties and even offers natural protection against UV light. I've since had a browse at the brand's other products and, just like the green-corrector, the prices are very affordable. Win-win all round." **Victoria J**
SILVER Active Light Under-Eye Concealer, £25, janeiredale.co.uk

Lip balm

GOLD Cocoa & Hempseed Lip Balm - Choccolicious, \$15.50 NZD, yesorganics.nz "The product smells yummy as it really smells of chocolate. It applies perfectly. Just the right amount comes off the stick. It makes my lips feel soft and has soothed them when they feel chapped so it is a functional product." **Maxine M**
SILVER Bee Happy Lip Balm Gift Pack, £14.50, nevesbees.co.uk
BRONZE Original Nipple Balm for Dry Skin, Luscious Lips & Glossy Bits, £12, drlipp.com



Lipgloss

GOLD Stellar Balm, £10, balanceme.co.uk "This lipbalm can be used on lips, dry skin and cuticles. It is quite firm but smells really lovely of aromatherapy (patchouli and neroli) and feels thick and long lasting on your lips. It isn't sticky. It does have bees wax in it so is not appropriate for vegans." **Amy W**
SILVER Lip Tint - Pinkalicious, \$19.50 NZD, yesorganics.nz



Natural BEAUTY AWARDS 2019

MAKE UP

Tinted Moisturiser

GOLD Certified Organic Flora Luminising Crème, £21, zuiiorganic.com "This tinted moisturiser is great in the summer when you only need light coverage to enhance your tan. I use it as a highlighter under my foundation to add a natural glow that lasts all day. It's non-greasy, hydrating, vegan, cruelty-free and made with 96% organic ingredients." **Rebekah S**

SILVER Certified Organic BB Cream, £30, inikaorganic.com



GOLD

Eye Shadow

GOLD Pressed Mineral Eye Shadow Duo, £22, inikaorganic.com "I loved this eye shadow. I tried using the darker colour as an eyeliner and my goodness, it applied so well. I've never had an eyeshadow apply so well in a line before. It lasted all day too, a really nice duo." **Juliet B**

SILVER Love The Planet vegan mineral eyeshadow Sand, £4, lovetheplanet.co.uk



GOLD



GOLD

Foundation

GOLD Love The Planet vegan mineral foundation, £7, lovetheplanet.co.uk "I wasn't sure if I needed to use the product as a dry powder or mix to a paste so I tried both and both methods worked well. I was impressed that you could mix what you needed and there was very little packaging required as a result of being a dry powder. The shade was a good match for my skin and the coverage was brilliant. I love this product. There isn't very much information about the product on the packaging so a little more information would have been better." **Katy C**

SILVER Mineral Foundation, £15, barefacedbeauty.co.uk

BRONZE Mineral Foundation, £13.99, honeypieminerals.com

Powder

GOLD Love The Planet Vegan Translucent Perfecting Powder, £7, lovetheplanet.co.uk "There is no smell to this product as expected. it looks quite clumpy on first opening the packet but on application it is really silky and smooth and feels really delicate on the skin. It lasts half a day and looks and feels natural. The shimmer is really nice and makes my skin look like it has a glow. (it really hasn't!)" **Maxine M**

SILVER Loose Mineral Foundation SPF25, £30 inikaorganic.com

BRONZE Sampure Minerals Illuminating Powder Sparkle, £19.50, sampure.co.uk



GOLD



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Natural BEAUTY AWARDS 2019

MAKE UP

Nail Polish

GOLD Sampure Minerals Nail Polish, £13.50, sampure.co.uk
"This was the most beautifully boxed bottle of nail polish. Looks very expensive and the colour looked really classy. Definitely needed two applications to feel chip-proof. I painted my toenails and there wasn't a single chip after two weeks." **Nicola W**

SILVER Benecos Nail Polish,

£4.95, pravera.co.uk

BRONZE Mavala Mini Colour, £5.20, johnlewis.com



Blusher

GOLD Blush, £25, englishmineralmakeup.co.uk
"Beautifully presented in smart box with ribbon and two other products and a small brush applicator which was right size to get the powder out of the compact. Nice apricot and subtle colour on cheeks. Didn't feel too heavy and lasted all day." **Amy W**

SILVER Baked Mineral Blush Duo, £33, inikaorganic.com

BRONZE Sampure Minerals Blush Flame, £15, sampure.co.uk



Mascara

GOLD Long Lash Vegan Mascara, £23, inikaorganic.com

"This evenly extends the length and colours my eyelashes beautifully. It applies easily with the brush and is a deep black colour. It washes off well at the end of the day but doesn't smudge during the day." **Elizabeth C**

SILVER Vegan Mascara, £21, englishmineralmakeup.co.uk



Bronzer

GOLD Sampure Minerals Bronzer Healthy Tan, £16, sampure.co.uk
"I loved this bronzer. On first sight I was worried that it looked a little orange but then mixing it with a kabuki brush and applying to the face it gave a sunkissed, light brown glow that made me look healthier, it warmed my complexion and made me look like a better version of me!! I loved the fact also that the make up was good for the skin, was cruelty free and vegan." **Lyn S**

SILVER Peaches and Cream Bronzer, £32, janeiredale.co.uk

BRONZE Certified Organic Flora Powder Shimmer Bronzer, £27, zuiiorganic.com



BEST BUYS

- 1 Orange Lip Balm, £3.95, kernospa.co.uk
- 2 Sweet Grapefruit Lip Balm, £4.75, nevesbees.co.uk
- 3 Balmonds Intensive Lip Balm, £4.99, balmonds.com
- 4 Lemon & Lime Lip Balm - Lemonade, \$15.50 NZD, yesorganics.nz
- 5 Skin Food Lip Balm, £6.95, weleda.co.uk
- 6 Benecos Lipbalm, £2.95, pravera.co.uk
- 7 Moisturising Colour Tint in Elderberry, £6.99, drlipp.com
- 8 Organic + Natural Lip Balm for Kids, £4.28, onjuniper.com
- 9 Evolve Organic Beauty Lip Treat, £10, evolvebeauty.co.uk

Less is More

MEET THE
MAKERS



elissa Kimbell is the founder of Awake Organics. She moved from Canada to the UK three years ago with husband, James and children, Sophie (13)

and Ben (12). Based in Northamptonshire, she runs the business from her studio. awakeorganics.co.uk

BEST BEAUTY ADVICE

I never got any when I was growing up other than "don't wear too much makeup." I do think less is more, and you should treat your skin well by avoiding synthetic preservatives, petroleum byproducts and artificial colours/perfumes. Healthy skin always looks beautiful.

DESERT ISLAND PRODUCT

I can't live without our Frankin-Sense Brightening Serum. I use this for everything: face, hair frizzies, eyebrows, dry cuticles. I even mix a drop into a dab of lipstick in the palm of my hand to make a dewy cheek stain.

WHAT'S NEXT FOR YOUR BRAND?

We've just launched our #zerowaste 500club, which is a free product refill service. Our customers can return their empties for rewards towards their next purchase, and we upcycle and recirculate the jars. This circular packaging model was inspired by customer request and we've calculated that by reusing just 500 jars, we will prevent 4.3 tonnes of CO2 from being produced by April 2020. We're on a mission to share this idea with as many people and businesses as possible!



ACTIONS TO TAKE AT HOME

- Look for products that come in glass containers. Glass is easy to upcycle and is infinitely recyclable.
- Keep two bins, one for recycling and one for rubbish.
- Make your own natural cleaning spray (see awakeorganics.co.uk/diy-natural-cleaning-spray for recipe).

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Natural BEAUTY AWARDS 2019

BODY & BATH



GOLD

Body Scrub

GOLD Ayuni Naturals Turmeric Body Scrub, £6.99, urbanveda.com "This smells really lovely. It created a bit of a lather and did leave my skin feeling softer and moisturised. Unlike the other scrubs I tested, this would last a long time as it is a nice big tube." **Jennifer R**
SILVER Body Polish - May Chang, £22, myroo.co.uk
BRONZE Body Exfoliant and Balm, £34, islaapothecary.com

Body Oil

GOLD Grapefruit & Sweet Fennel Toning Body Oil, £32, siskyn.co.uk
"This is absolutely lush! One of the nicest body oils I have used. It is jam packed full with different oils that help create a body oil that is moisturising and nourishing without being greasy. After applying this I don't have to wait for it to sink in, it's like a dry oil that instantly and totally absorbs. I haven't noticed any toning effects yet but what I have noticed is softer and healthier looking skin. It's a great preparation for the coming summer months. Because this is such a lovely product I look forward to using it every day." **Pauline W**
SILVER Grapefruit and Lemongrass Body Oil, £21, moksa.co.uk
BRONZE Organic Body Oil, £22, kinn-living.com



GOLD

Hand Cream

GOLD De-Stress Aromatherapy Hand Balm with Juniper & Grapefruit, £18, therosetree.co.uk "This balm smells absolutely amazing and was very relaxing when used at night. It does feel quite greasy at first but it does absorb very quickly into skin. I found it excellent to use at bedtime and in the morning my hands were lovely and soft. I could see a noticeable difference after only a couple of days." **Catherine J**
SILVER Kale Anti-Ageing Hand Cream, £12.50, nourishskinrange.com
BRONZE XO Balm Multipurpose Balm, £12.50, xobalm.com



GOLD



GOLD

Soap

GOLD Gobi Berry Turmeric Facial and Body Soap, £6.99, eminasbotanicalboutique.com
"This product is just beautiful. It's nicely presented, beautiful looking handmade soap and the smell is gorgeous and earthy. I love everything about this soap and won't be without it again. A great one for travelling with as it can be used for face and body. Is so moisturising and doesn't dry out skin like a lot of soaps. Is vegan and palm oil free and minimal packaging. 10/10 from me." **Helen B**
SILVER Patchouli Goats Milk Soap, £4, cyrilssopshed.co.uk
BRONZE Pink Lemonade Artisan Soap Bar, £5, soapology.co.uk



GOLD

Shower Gel

GOLD Biome Hand and Body Wash - Lemon Myrtle and Cedarwood, \$29.95 AUS, biome.com.au "The smell is incredible! The high notes of lemon myrtle and the deep cedarwood in the background work perfectly together. The soap is quite thin so you need a decent amount for it to be effective." **Elizabeth C**
SILVER Apicare Manuka Sensitive Delicate Hand and Body Wash, £17.50, apicare.co.uk
BRONZE Belle's Body Wash, £7.99, billyandbelle.com

Natural BEAUTY AWARDS 2019

BODY & BATH



Bath Treat

GOLD Relaxing Lavender Bath Truffles, £4, boocottage.co.uk "These smell absolutely divine, we found two truffles to be sufficient for a big bath. They left us feeling very relaxed after use, I will definitely buy these. They left our skin soft (my son used them too) and unlike oily bath products didn't leave a mess behind." **Gemma S-M**

SILVER Real Luxury Multi Mineral Bath Salts, £38, neomorganics.com

BRONZE Natural Bath Bomb with Hidden Surprise, £4.97, onjuniper.com



Deodorant

GOLD Clean Deodorant Balm, £11, naturaldeeco.com "I finally found a natural deodorant effective enough for me! I know that with this product, I am putting safe ingredients on to my skin. I struggled even before I chose a greener lifestyle to find a deodorant that was effective for me from 'mainstream' options, so I really can't recommend this enough. The company get bonus points too for plastic free packaging (and it looks good too!). It's also a cruelty free product, free from preservatives and other nasties. If I'm in a real hurry, this deodorant can take a tad longer than the average to apply as it is a balm (and I like to wash my hands afterwards) so not necessarily super easy on-the-go but it is totally worth it. This product is an absolute staple for green beauty" **Victoria J**

SILVER Aura Clean, Natural Deodorant Balm, £17.99, awakeorganics.co.uk

BRONZE Aloe Vera Deodorant, £5.99, drganic.co.uk



Body Cream

GOLD Aloe & Rose Hand & Body Lotion, £15, elixirsoftlife.co.uk "Lovely scented moisturiser which lasted all day on my skin. Didn't feel too heavy, just enough to improve the look and feel of my skin." **Laura A**

SILVER Sirius Magic, £10.50, siriusly-yours.co.uk

BRONZE Coconut Body Milk, £30.95, ecotan.com.au



Menstrual Care

GOLD Earthwise Pads Starter Pack, £19.95, earthwisegirlsuk.co.uk "LOVE LOVE LOVE these. Great fabric. Lovely and soft. Easy to take anywhere. Good direction for use. Almost made me excited to get my period. They also donate one for every three bought to an orphanage in Kenya." **Laura B**

SILVER Fair Squared Period Cup, £17.95, pravera.co.uk

BRONZE Natracare Normal organic cotton panty liners, £1.69, ethicalsuperstore.com

BEST BUYS

- 1 Organic Grapefruit and Orange Bubble Bath, £8.50, littlesoapcompany.co.uk
- 2 Vegan Body Butter, £9.50, me-time-therapy.co.uk
- 3 Paw Paw Multi-Use Balm, £9.95, organicsland.com.au
- 4 Neroli Body Oil, £18, alchemyskincare.co.uk
- 5 Pure Pits Deodorant, £9, queenbeenaturals.co.uk
- 6 B Balm, £9.50, beautiful.co.uk
- 7 Nourishing Hand & Nail Oil, £8.99, bodyenrich.co.uk
- 8 Milk & Honey Soap, £5.95, soapfolk.com
- 9 Naked Pearl Unscented Artisan soap, £8.50, kalabashbodycare.com
- 10 Schweet Savage Soap, £4.25, pretty-savage.co.uk

S

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Highly Commended has been won by our
Rose & Shea Eye Cream
in their coveted Best Vegan Skincare category.



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Natural BEAUTY AWARDS 2019

PREGNANCY



Bath Product

GOLD Vie Nouvelle Aromatherapie Bath Oil, £55, michelinearcier.com "The smell of this oil is so beautiful, like fresh roses. it makes a wonderfully relaxing bath. I felt really relaxed after taking a bath and slept really well that night. Nice glass bottle, the oil was easy to dispense and it is environmentally friendly. The bottle also looks really nice in my bathroom." **Jessica M**

SILVER Little Herbs Organic Bath Mama, £23, littleherbs.co.uk

BRONZE Pamper Mum Relaxing Bath oil, £13, motherlylove.co.uk

Massage Oil

GOLD Organic Pregnancy Massage Balm, £25, etsy.com/uk/shop/Isarosebodycare "This product smells super relaxing and fresh and healthy. It looks quite thick in the jar but feels nice and smooth once it warms up in your hands. It feels nice on the skin once applied and works well as a massaging balm and soaks into the skin well. It leaves a slight oily residue but to be expected and not as much as some oils. I have not seen any effects of it but using it to prevent stretch marks so hopefully will help. It is nice to use and spend time thinking about bump and giving ourselves a treat." **Maxine M**

SILVER Bust Firming Balm for Stretch Marks, £44, mitonia.co.uk/me-and-me-shop

BRONZE Rosehip & Tamanu Scars and Stretchmark Oil, £26, siskyn.co.uk



BEST BUYS

- 1 Lavender Bath Soak, £6.75, sedbergh-soap.co.uk
- 2 Rosehip Soap, £12, carelia.es
- 3 Peri Prep your Bits, £15.50, myexpertmidwife.com
- 4 Balmonds Rosehip Scar Oil, £18.99, balmonds.com
- 5 Nursing Oil, £11.95, weleda.co.uk
- 6 Mama's Balm, £18.50, silvanskincare.com
- 7 Stretch Mark Prevention Oil, £16.95, totalbodycare.co.uk
- 8 Due Date Pulse Point: Grapefruit and Rose, £7.50, motherlylove.co.uk

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Rural Passion

MEET THE
MAKERS

Hannah Lovegrove and Hayley De Beers are a mother and daughter team

who started Lovegrove Essentials, inspired by Hannah's background in massage, beauty and holistic therapies and Hayley's make-up artistry career. They live in rural West Dorset. lovegroveessentials.com



BEST BEAUTY ADVICE

Always wear SPF. Don't neglect your décolleté, as it's the same texture/density skin as on your face, and so will suffer the same damage from sun & environment.

DESERT ISLAND PRODUCT

If it's a real desert island – sunscreen!

WHAT'S NEXT FOR YOUR BRAND?

We have just created a range of organic and natural hotel minis, and refillable hand lotion and hand wash. They reduce plastic consumption and are a great way to intro our products. It's also lovely for the hotels and spas that want to offer our treatments. We have developed accredited training for therapists to enable them to offer our unique style of facial.



ACTIONS TO TAKE AT HOME

- Understand greenwashing, as it's everywhere at the moment, particularly with the big household brands saying they are cruelty-free or using "70% less plastic" or whatever. If it can't be reused or recycled, that makes absolutely no difference!
- Check to see if you have a loose foods shop near you – they often have eco-friendly refills for your cleaning products.
- Stop using wipes! For so many reasons - they are so bad for your skin, but because they are also terrible for the environment. And remember – there is a big difference between 'biodegradable' and 'compostable'. Biodegradable just means it will break down EVENTUALLY. It could still take 50 years!



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Natural BEAUTY AWARDS 2019

BABY & CHILD

Bubble Bath

GOLD Baby Bubbles, £9.50, sedbergh-soap.co.uk "Super gentle for my sensitive skinned daughter, she loved the bubbles and they didn't disappear too quickly either! No reaction to it and a lovely scent!" **Laura A**

SILVER Wispy Misty Bubble Bath, £4.99, bloomandblossom.com

BRONZE Kekebabby Bubble Bath, \$39 NZD, livingnature.com



Baby Oil

GOLD Baby Sleep Massage Oil, £16, bloomandblossom.com "Smells good and feels like the perfect product, not too heavy and not too light. Product looks good too with a relaxing colour scheme. Skin felt well moisturised as well as producing a calming and relaxing effect. Skin felt and looked good through the night and was happy to apply the product again the next evening." **Rebecca G**

SILVER Kekebabby Massage Oil, \$59 NZD, livingnature.com

BRONZE Baby Protect Aromatherapy Blend, £18, neuoil.com

Baby Balm

GOLD Mama's Balm, £18.50 silvanskincare.com

"I love the smell and versatility of this balm. I have used it on my C Section scar as it still gets very itchy and on my lips which get very dry and also on my daughter who had a little bit of eczema on the back of her leg, it feels lovely and rich and smells of natural essential oils." **Jessica M**

SILVER All-over Baby Balm, £14, queenbeennaturals.co.uk

BRONZE Organic Baby Balm, £16, etsy.com/uk/shop/Isarosebodycare

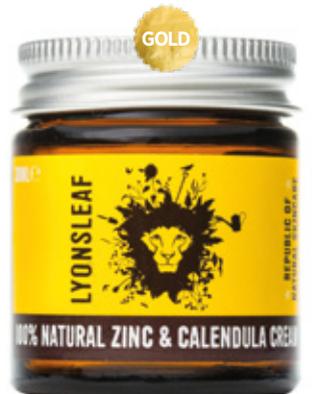


Nappy Cream

GOLD Zinc and Calendula Cream, £26.99, lyonsleaf.co.uk "This product is fragrant free so to not cause any allergen problems. This is a thick rich balm to apply to skin. It creates a moisture barrier to the skin so does leave a protective residue. I must admit this is a new desert island product for me. It has been amazing for my skin post pregnancy which was sore and dry and is great for my little one's eczema. The tub size is perfect for popping in the bag." **Helen B**

SILVER Soft as Moonlight Nappy Change Cream, £25.50, littlebutterflylondon.com

BRONZE MADE OF Organic Diaper Cream, £14, madeof.com



Natural BEAUTY AWARDS 2019

BABY & CHILD



Baby Lotion

GOLD Baby Cream (for Eczema), £16.95, babykingdomcollection.co.uk
"Loved this! Such a lovely, fresh smell. Cream was a bit thinner than I expected. Didn't need to use much. Easily absorbed. No issue rubbing it onto slightly irritated skin and there was no issues with further irritation while using it. It was a shame it was so big as I couldn't take it with us in the changing bag!" **Anne-Marie S**
SILVER Organic Children Lotion & After Sun, £12, greenpeople.co.uk
BRONZE Baby Repair Lotion, £13.50, odylique.co.uk

Children's Shampoo

GOLD Baby Gentle Wash & Shampoo, £11.50, odylique.co.uk
"A very gentle liquid that quickly lathers up to perform as an effective shampoo and body wash. The scent is mild with hints of chamomile. Washes the hair well and rinses out quickly. Leaves hair and skin feeling clean and light." **Rebecca G**
SILVER Storksak Organics Baby Wash & Shampoo, £5.95, storksak.co.uk
BRONZE Mighty Mint Kids Shampoo & Body Wash, £5.95, weleda.co.uk



BEST BUYS

- 1 Storksak Organics Baby Balm, £8.95, storksak.co.uk
- 2 Scrummy Yummy Whipped Baby Butter, £10, butterwhips.com
- 3 Baby Balm, £8.99, balmonds.com
- 4 Organic Coconut Oil, £6.99, goodbubble.co.uk
- 5 Sweet Dreams Moisturising Cream, £8.99, elixirsoftlife.co.uk
- 6 ABCDerm Cold Cream, £7, feelunique.com
- 7 Bioskin Junior Outbreak Rescue Cream, £9.99, salcuraskincare.com
- 8 Little Softy Moisturiser with Prickly Pear Extract, £3.99, goodbubble.co.uk
- 9 Magnesium Sleep Lotion Junior, £8.95, betteryou.com
- 10 Mr & Mrs Wormwood's Shampoo, £4.99, bloomandblossom.com

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Family Affair

MEET THE
MAKERS



Natalie Balmond has lived in Brighton for over 20 years. She has three daughters, all of whom work at Balmonds, the company she founded. "My middle daughter

had terrible eczema as a baby and it was getting worse, to the point of her needing to be hospitalised. We tried prescribed creams, steroids, Chinese herbs, alternative lotions & potions and nothing helped. In desperation I tried making my own ointment. Her skin calmed down almost immediately and she slept through the night for the first time in months." balmonds.co.uk



BEST BEAUTY ADVICE

Not to use multiple products and confuse the skin. Sometimes you don't need any products at all - let the skin balance itself. Less is more.

DESERT ISLAND PRODUCT

Our Skin Salvation, as it's a one pot wonder - works for everything and anything.

WHAT'S NEXT FOR YOUR BRAND?

We recently moved into bigger, better premises and have upped our production quantities. We're focusing on getting Skin Salvation distributed across the world and into every bathroom cabinet for any little skin emergency! We're also supporting those working towards a greater awareness of what those living with eczema, rosacea and psoriasis go through. The drive to have flawless skin is an immense pressure on young kids; we want to help people love the skin they're in.



ACTIONS TO TAKE AT HOME

- Cut out synthetic ingredients - SLS/SLES, paraffin, parfum, parabens. They're unnecessary and harmful.
- Find versatile all-rounders rather

than buying dozens of products. It's usually more about marketing/consumption than actual skin science! Fewer products = less waste

- Join uk.whogivesacrap.org for recycled, plastic-free loo roll that gives back to charities.

Natural BEAUTY AWARDS 2019

HAIRCARE



Hair Treat

GOLD Balmonds Scalp Oil, £14.99, balmonds.com

"I suffer from scalp psoriasis on the back of my head so was keen to try this oil. I am a fan of tea tree oil and I really liked the strong smell of this oil with the rosemary. I applied quite a bit of the oil before bed, left it on overnight and washed my hair as normal in the morning. I did notice some improvement in the itchiness of my scalp and also after using a few times it seemed less flaky. I will definitely continue to use." **Jennifer R**

SILVER Tropical Hair Treatment, £13.99, lovelani.com

BRONZE MONAT Rejuveniqe Oil Intensive, £85, monatglobal.com/uk

Conditioner

GOLD Conditioner & Detangler, £12, phbethicalbeauty.co.uk "Quite a thick white conditioner, that went on my hair well and hair brushed easily afterwards whilst wet. I felt it coated my hair a bit but my hair felt nice and soft once dry after each use. No fragrance. The contrast of colours is effective and the front is minimalist in its text, but includes all the relevant info. Apparently packaging is all recyclable." **Liz S**
SILVER Bramley Conditioner, £14, bramleyproducts.co.uk
BRONZE Hemp Oil Extract Conditioner, £14.95, gorgiaslondon.com



Shampoo

GOLD Tropic Clarifying Hair Wash, £16, tropicsskincare.com "I absolutely loved this shampoo, it was so nice smelling, like being on holiday. It cleansed my hair really well, with a double cleanse it left it less greasy for longer than usual, for a couple of days." **Juliet B**
SILVER Hemp Oil Extract Shampoo, £14.95, gorgiaslondon.com

BRONZE 2 in 1 Shampoo & Body Wash, £12, phbethicalbeauty.co.uk



Styling Product

GOLD Hello Curls Define and Reshape Curl Primer, £8.99, noughtyhairecare.co.uk "Love this. Many like me with curly hair are endlessly searching for decent hair products to keep our curls soft but frizz free. Finding something cruelty free is just an added challenge. This smells great and actually works. Rejuvenated curls on days I didn't wash my hair and kept frizz at bay. Using it every day now." **Kirsty M**
SILVER Tropic Hair Smooth Radiance Oil, £24, tropicsskincare.com
BRONZE MONAT Blow Out Cream, £30, monatglobal.com/uk

BEST BUYS

- 1 Wave Hello Curl Defining Shampoo, £6.99, noughtyhairecare.co.uk
- 2 Thirst Aid Conditioning and Detangling Spray, £6.99, noughtyhairecare.co.uk
- 3 Tough Cookie Strengthening Shampoo, £6.99, noughtyhairecare.co.uk
- 4 Organic Grapefruit and Orange Conditioner, £9.50, littlesoapcompany.co.uk
- 5 Ayumi Naturals Hair Growth Oil, £6.99, urbanveda.com
- 6 Shampoo for Dry Hair, £9.99, elixirsoflife.co.uk
- 7 Lemongrass Shampoo, £10, sedbergh-soap.co.uk
- 8 Natural Shampoo - Lavender & Tea Tree, £2.62, friendlysoap.co.uk
- 9 Biome Shampoo and Body Bar, \$9.95 AUS, biome.com.au
- 10 Eco Cosmetics Hair Mousse, £9.95, pravera.com

Natural BEAUTY AWARDS 2019

MEN CARE



GOLD

Shaving Product

GOLD Tropic Look Sharp Sensitive Shave, £16, tropicskincare.com

"Great performance from this sensitive shave product. My skin felt moisturised after use. I found it easy to dispense and the fact that it's such a good sized tube make this a real winner for me."

Karl R

SILVER Dr. Bronner's Organic Shaving Soap, £9.99, drbronner.co.uk

Deodorant

GOLD Pure Armour Explorer Natural Deodorant for Men, £5.99, crystalspring.co.uk
"This is a very effective product. Decent scent and easy to apply. Great to finally find a natural alternative" **Karl R**
SILVER Super Fresh Deodorant, £6.75, organicsurge.com
BRONZE Active Deodorant Balm, £11, naturaldeoco.com



GOLD

Moisturiser

GOLD Collagen Boost Face Balm, £66, pevoniaco.uk
"Absorbs well into skin and smells amazing, makes skin feel healthy and youthful." **Jim A**
SILVER Lavera Men's Sensitive, £10.95, pravera.co.uk



GOLD

Beardcare

GOLD Frankincense & Rosemary Face & Beard Oil, £18, naturalbeautypot.co.uk
"This is a gorgeous beard oil, with a lovely feel and application. The scent is wonderfully herby on account of the rosemary and has an almost menthol smell that fills the nostrils and became part of my morning wake up! When applied my beard felt soft and looked shiny." **Simon P**
SILVER Laviish Beard Supplement, £24, laviish.com
BRONZE Benecos Beard Oil, £8.95, pravera.co.uk



GOLD

Shower Gel

GOLD Organic Grapefruit and orange shower gel, £8.50, littlesoapcompany.co.uk *"Fruity scent, doesn't lather very well but leaves you feeling squeaky clean."* **Jim A**
SILVER Hemp Oil Bodywash, £6.29, drorganic.co.uk
BRONZE Lemongrass Hand and Bodywash, £9.95, sedberghsoap.co.uk



GOLD

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Natural BEAUTY AWARDS 2019

EXTRAS



Toothpaste

GOLD Dr. Organic Charcoal Toothpaste, £4.99, drorganic.co.uk "Although the actual toothpaste is black it tastes very minty and feels just like a normal toothpaste. It cleans very well with the same whitening effect as a normal whitening toothpaste but leave the teeth feeling smoother and cleaner in my opinion. It does freshen the breath and leaves you with a clean refreshed feeling. I thought it was very good value for money and would definitely recommend it."

SILVER Organic Childrens Mandarin Toothpaste, £4.50, greenpeople.co.uk

BRONZE Laviish Smile Teeth Whitening Polish, £25, laviish.com

Supplement

GOLD Skin Accumax, £39.95, advancednutritionprogramme.com "After a month or so of taking the vitamins, skin has been much healthier and less prone to break outs. Dry areas feel less dry (vitamin E) and inflamed areas look much better."

LUCY C

SILVER Organic Turmeric Gold, £34.97, trueveda.com

BRONZE Xtend-Life Zupafood for Skin, £57.06, xtend-life.com

Aftersun

GOLD Organiif After Sun Cream, £11.95, pravera.co.uk "Really lovely product. Very easily absorbed into my skin and completely non greasy. The product has a wonderfully subtle vanilla fragrance. A little of the product went a long way so it is good value for money."

KATY C

SILVER Calm-Down Kefir Lotion, £8.25, chucklinggoat.co.uk

BRONZE All Over Lotion, £12.75, sedberghsoap.co.uk



Sun Protection

GOLD Shade All-Natural Sunscreen, £9.75, shadecream.com "Loved this! The bar-like appearance and texture of this was brilliant. Great to have in my bag without worry about spillages. My husband can't bear touching suncream but he was fine with this. Used it on both of us and worked well. No sunburn. Lovely smell. Easy to apply. Very impressed. Would only really use for face and neck though."

ANNE-MARIE S

SILVER Edelweiss Sunscreen Lotion Sensitive, £13.95, weleda.co.uk

BRONZE Alpine Rose & Lysine SPF20 Lip Balm, £13, balmkind.co.uk

Perfume

GOLD Eau De Cologne, £15, carelia.es "Smells very fresh and pleasant, sprays on like a normal perfume, feels slightly cold on the skin but light. The scent is strong enough that you don't need a lot but is not too overwhelming. The scent lasted most of the day on skin, hair and clothing."

ZOE J



BEST BUYS

- 1 Beautiful - Hair, Skin & Nail Supplement, £14.99, togetherhealth.co.uk
- 2 Vitamin D3 Drops, £15.20, cytoplan.co.uk
- 3 DLux3000 Oral Spray, £7.95, betteryou.com
- 4 Dr. Bronner's All-One Toothpaste, £7.19, drbronner.co.uk
- 5 Green People Minty Cool Toothpaste, £4.50, greenpeople.co.uk
- 6 Balmonds Cooling Cream, £19, balmonds.com
- 7 Edelweiss After Sun Lotion, £16.95, weleda.co.uk
- 8 MADE OF Organic Sunscreen, £17, madeof.com

Natural
BEAUTY
AWARDS 2019
PLASTIC FREE

WINNERS

- 1 Aura Clean, Natural Deodorant Balm, £17.99, awakeorganics.co.uk
- 2 Meadow Lotion Bar, £9.50, boocottage.co.uk
- 3 Earthwise Pads Medium, £13.50, earthwisegirlsuk.co.uk
- 4 Cleansing & Hydrating Melt for Balanced Skin, £23, happibodyco.com
- 5 Organic Raw African Black Soap, £10.99, honestmiracle.com
- 6 Love The Planet vegan mineral eyeshadow Sand, £4, lovetheplanet.co.uk
- 7 Adult toothbrush, £5.99, organicallyepic.uk
- 8 Patch Natural, £6.99, patchstrips.eu
- 9 Simply Natural Unscented Soap, £5.50, thewrinklyelephant.com
- 10 Ben and Anna Deodorant, £9.95, pravera.co.uk
- 11 Forest Queen Organic unscented soap, £5.75, organikorangutan.com



3

9



2



6



8



5



1

10



7



4



11

Earthwise Girls

Award Winning

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