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Green Parent

Natural Beauty Bible

2018

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WELCOME

Welcome to our Beauty Bible 2018. I am so excited to share the results of our Natural Beauty Awards this year. Inside this handy guide you'll find the very best in everything from indulgent bath-time treats (fancy smelling like Turkish delight?) to practical items like deodorant and toothpaste. Each of the winning products was chosen by a panel of experts, beauty bloggers and readers as the cream of the crop; the very finest. You can be assured of the reliability of each item featured here as we have strict criterion for entry into our awards. Every product featured has been checked using guidelines on ingredients, company ethics, packaging materials, etc. We also looked for altruistic companies that support a green and pleasant land for our families and future generations.

SLOW DOWN

Alongside hundreds of gorgeous goodies to keep your family healthy, clean and

sparkly, we've worked with silky-tressed Shiva Rose to bring you some of her favourite beauty rituals. Find ways to slow down and take time to inject a little magic and mystery into everyday activities with her delicious homespun recipes.

GET INSPIRED

Like what you read and want more? Sign up and receive weekly inspiration from us into your inbox on a Thursday night (to help supercharge your weekend) – go to tinyurl.com/tgpweekly. You can also subscribe to the magazine for just £2 per month and receive every issue delivered to your door. It's a delicious act of self-love; picture an afternoon lying in the sun reading uplifting stories and gathering ideas for family adventures. Sign up at thegreenparent.co.uk/subscribe. Happy indulging!

Melissa Corkhill - Editor

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WITH MANY THANKS TO ALL OUR NATURALLY BEAUTIFUL TESTERS

Lily Anamika, Ben Archer, Shahida Arman, Laura Ashton, Eleanor Bell, Karl Bernage, Helen Bogle, Laura Boyle, Laura Bridle, Juliet Burcher, Charlotte Callow, Sophie Clark, Bella Cohen, Claudia Cohen, Elizabeth Cohen, Abi Denyer-Berwick, Karen English, Lucy Farmer, Elizabeth Hamblett, Kerry Hedley, Hannah Hiles, Samantha Hill, Anna Hinckliffe, Coral Homes-Gifford, Claire Giles, Laura Lismanis, Helen Manchip, Victoria Maus, Susan McCreath, Kirsty McNicol, Maxine McVeigh, Jen Morris, Jessica Morris, Justin Nurse, Kate Peers, Rachel Power, Leanne Rose, Gemma Sampson-Munday, Alicia Scattergood, Louise Sleeman, Lyn Shephard, Donna Taylor, Fern Thomas, Heather Ticheli, Tania Watkins, Lucy Wheeler, Nicola Woods, Katie Yarde,

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Whole Beauty

by Shiva Rose

We are inherently tribal. We are meant to gather together, to care for one another, participate in ceremonies and be in circles. Unfortunately, we often lack this connection in our modern lives, where we work in cubicles, frequently care for our children alone and have our families living far away. Our days pass without a sense of reverence and community, and we're left with a powerful yearning for connection. For me, rituals provide that connection. When I perform them alone, I am able to connect with the source of all being and my deepest levels of self. When I gather for

ceremony with others, I form strong bonds with my my community. Ritual and ceremony provide us with an opportunity to refuel, re-energize and even reinvent ourselves. Just a simple beauty ritual can trigger a profound shift into a more self-healing modality.

When I come together with my sisters, most of the rituals we perform are very simple. We will gather flowers, make a mandala and call in the Four Directions, which is a Native American tradition that represents a universal way of connecting with the earth. For a small ritual, a tea ceremony connects us to nature and roots us in the moment. Something as simple as lighting a candle and saying a prayer can take ordinary life and elevate it to a higher realm.

The most important thing is how your approach what you are doing. Mindfulness and intention are the only requirements for turning a routine into a ritual.

Are you approaching your beauty treatments as a chore or as an act of self-love? Are you distractedly slathering on body oil or taking time to anoint yourself? We have the capacity to create moments of happiness and abundance in our lives.



Skincare Best Buys

- 1 Sensitive Kefir Cleanser, £5.15, chucklinggoat.co.uk
- 2 Dr. Organic Aloe Vera Creamy Face Wash, £6.99, hollandandbarrett.com
- 3 Beauty Balm, £12.95, lyonsleaf.co.uk
- 4 Daily Soothing Facial Wash, £12.99, urbanveda.com
- 5 Naturaline Aloe Vera Eyebright Eye Make Up Remover, £8.99, allcures.com
- 6 Jasmin, Mimosa & Rosehip Moisturising Cream, £7.98, amphora-retail.com
- 7 Organic Rose Daily Defence - Organic Co-Enzyme Q10 Daily Moisturiser, £12, buddha-beauty.com
- 8 Organic "Wake Me Up" Uplifting - Vanilla Soy Latte, Facial Moisturiser, £14.95, nofussbeauty.com
- 9 Lavender and Vanilla Vitamin Sea Balm, £12, southseabathinghut.co.uk
- 10 Mini Sloth Pore Refiner, £6.99, konjacspongecompany.com

Natural BEAUTY AWARDS 2018 WINNERS

Skincare

Choose natural for a skincare routine that focuses on health and wellbeing

Eye Cream

GOLD Rose Renew Eye Cream, £32, baiebotanique.com

"I didn't want to fall in love with this because its higher than my normal budget but its so very lovely! I've seen a real difference in my under eye and it smells divine (my nine year old said I smelled of 'proper' turkish delight." **Karen English**

SILVER Eye WOW Eye Serum, £29.95, kinvaraskincare.com

BRONZE Dr. Organic Virgin Coconut Oil Eye Perfect, £9.99, hollandandbarrett.com



Face Mask

GOLD Thesis Strawberry Desert Face Mask, £26.99, blossomandroot.co.uk "After 15 minutes my skin looked amazing, it had a lovely glow. My skin felt soft, pores clearer and my skin did look brighter as claimed by the company. Effects last for two days." **Shahida Arman**

SILVER Sooth Face Mask, £24, mallowandwhite.co.uk

BRONZE Petal Perfect Beauty Facial Mask, £19, bellarynature.com

Cleanser

GOLD Absolute Cleansing Oil, £22.95, kinvaraskincare.com

"Amazing! I love this product. It feels luxurious when applying to the skin and after, refreshing and moisturising. I've made it part of my bedtime routine and I believe it has helped repair my skin. A little out of my price range normally but it will be on my Xmas list!" **Maxine Mcveigh**

SILVER Cleansing Balm, £32.50, lovegroveessentials.com

BRONZE Rose & Cucumber Cleansing Oil, £35, mono-naturols.com



"Lovely rich moisturiser, gives you the luxury feel. Easy to apply, use, rub in and your skin feels a treat after using it. I loved this product." **Helen Manchip**



Day Moisturiser

GOLD Protect Hydrating Moisturiser, £21, nourishskinrange.com

SILVER Frankincense Daily Moisturiser, £18, ostaraskincare.com

BRONZE Dr. Organic Snail Gel, £20.99, hollandandbarrett.com



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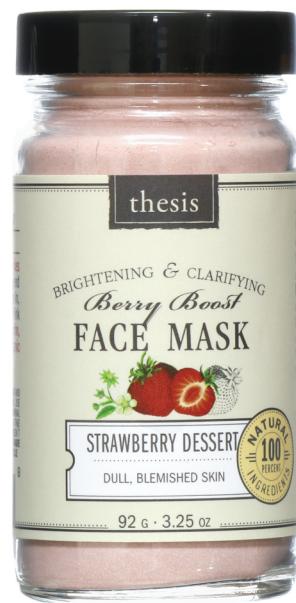


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Natural BEAUTY AWARDS 2018 WINNERS

Skincare



GOLD



Facial Oil

GOLD Frankincense and Jasmine Night Facial Oil, £46, siskyn.co.uk "Such a great night oil, you have a brand new rested skin by morning. Skin is fuller, hydrated, plump, lines are diminished, marks repaired and any dryness is soothed. A real treat that will last a long time as a little goes a long way." *Lyn Shepherd*
SILVER Beauté Face Oil, £30, michelnearcier.com
BRONZE 100% Natural Perfect Night's Sleep Face Oil, £42, neomorganics.com



"Gentle, silky exfoliator with a neutral scent. The perfect exfoliator for my skin. Leaves skin smooth and clear. Removed dry patches and dead skin effectively. Skin was positively glowing after just one application and much improved after twice weekly use." *Katie Yarde*

Facial Scrub

GOLD Gentle Face Exfoliator, £15, elixiroslife.co.uk
SILVER Purifying Exfoliating Facial Polish, £13.99, urbanveda.com
BRONZE Kale Enzymatic Exfoliator, £18.50, nourishskinrange.com



GOLD



Night Moisturiser

GOLD Secrets At Starlight Illuminating Night Cream, £52, littlebutterflylondon.com "This product is just gorgeous. I'm in love with it. It has a beautiful scent, and the cream is so creamy and easily absorbed into the skin. It is a beautiful light pink colour and feels really luxurious to apply. I used this every night and really saw a difference in the past couple of weeks. My skin feels so smooth and soft. Will never be without this now." *Helen Bogle*
SILVER Olive and Avocado Night Cream, £8.95, akamuti.co.uk
BRONZE Franklin-Sense Divine Face Care, £29.99, awakeorganics.co.uk



Toner

GOLD Vitamin Toner Pore Refining Mist, £14, tropicskincare.com "Really nicely packaged with minimal waste. Easily applied and smells really fresh and clean. My skin felt softer within a week and I used it in the morning and at night." *Laura Bridle*
SILVER Anti Pollution Skin Supplement Essence, £32, fomlondonskincare.com
BRONZE Goodness & Tonic Face Toning Mist, £22, rosalena.co.uk

Skin Serum

GOLD Barbary Fig Advanced Anti-ageing Serum, £68, willowbeautyproducts.co.uk "What a gorgeous serum this is. I noticed the effects very quickly and my skin felt smoother, and after a few weeks slightly less aged. It hydrated my skin beautifully." *Kate Peers*
SILVER Magic skin, £32, 1001remedies.com
BRONZE Shoyaku Herb Essence Rejuvenation Serum, £35, kotohalondon.com



GOLD

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Goddess Mask

by Shiva Rose

MAKE
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Women are ruled by Venus, who is all about love, compassion, and prosperity. In India, she is represented by Lakshmi. I have been honouring her now for a few years and see signs of her popping up in my life all the time. The scents of rose and sandalwood instantly transport me back to the buzzing markets in Iran. In Persian and Ayurvedic teachings, sandalwood opens your third eye and rose opens your heart, and this captivating fragrance uplifts your spirits. Astringent sandalwood cools with antibacterial properties that help prevent acne, while rose petals deliver anti-aging moisture. I love how beautiful and indulgent this mask feels as it balances skin and makes it absolutely glow.

VENUS BEAUTY MASK

For normal to dry skin types

Recommended Use: Twice a month or as needed to moisturize

5 tablespoons oat flour; 3 tablespoons milk, preferably raw; 1 teaspoon sandalwood powder; A small handful of crushed dried rose petals, plus 1 teaspoon ground

Mix the oat flour with the milk in a bowl and stir until it forms a paste. As it does, sprinkle in the sandalwood powder and the rose petals. Stir until you achieve a smooth consistency. Wash your face and pat it dry, then scoop the mask into the palm of your hand and apply it using upward strokes. Leave on for 20 minutes, then rinse off with warm water.

1 Benecos Natural Raspberry Lip Balm, £2.45, pravera.co.uk

2 Organic Honey and Chamomile Lip Balm, £3.95, akamuti.co.uk

3 Organic Avocado & Peppermint Vegan Lip Balm, £4.80, bloomtown.co.uk

4 Super Hydrating Organic Lip Balm Gift Set, £5, poppyssns.co.uk

5 Be Natural Intensive Lip Balm, £6, justbenatural.co.uk

6 Chocolate Orange Lipbalm, £7, whiterabbitskincare.co.uk

7 Beauty Balm & Lip Primer, £9.99, lipglam.com

Cosmetics Best Buys

Excerpted from Whole Beauty by Shiva Rose (Artisan Books). Copyright © 2018. Photographs by Ngoc Minh Ngo.

Natural Beauty Bible 2018

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Natural BEAUTY AWARDS 2018 WINNERS

Cosmetics

Get your glow on with the very best ethical and natural make-up brands

Lipstick

GOLD Matte Lipstick, £12.5, sampure.co.uk "I absolutely love this lipstick! It applies beautifully - feels creamy and glides on smoothly despite being a matte finish. The pigmentation was amazing and most days I would apply a thin layer with my finger, more like a balm, which still achieved a good colour payoff. It can also be built up for a more dramatic look. The lasting power was fantastic and did not really require touch ups." *Louise Sleeman*

SILVER Lipstick, £17.75, natorigin.co.uk



Lipbalm

GOLD Make Your Own Lip Balm Kit, £16.99, renaissance.co.uk "I was a little concerned about making my own lip balms. I have a tendency to mess up this type of kit. My daughter and I did this together; it was so much fun and so easy! The lip balms were so nourishing too. Great value as makes five." *Tania Watkins*

SILVER Paw Paw Lip Salve, AUD\$9.95, organicisland.com.au

BRONZE Lip Conditioning Balm, £18, rosalena.co.uk



Mascara

GOLD All in One Natural Mascara, £15.95, phethicalbeauty.co.uk

SILVER Mascara, £15.50, sampure.co.uk

BRONZE Organic Vegan Long Lash Mascara, £23, inikaorganic.com



"I loved this mascara! It isn't gloopy and went on easily to my lashes. It felt light and like I wasn't wearing mascara at all. Yet my lashes looked longer and more luxurious. This was excellent as I can easily feel uncomfortable with mascara on." *Susan McCreathe*



Nail Polish

GOLD Nail Enamel, £11, natorigin.co.uk



"This is easy to apply. Has a thick brush. Lasts well without chipping." *Charlotte Callow*

Powder

GOLD Pressed Mineral Brow Powder, £9.95, phethicalbeauty.co.uk "Gorgeous eco packaging. Loved the way it flipped up to reveal the powder and the mirror on top is a bonus! It felt like a really well designed product. I would definitely check out other products by the company off the back of the lovely packaging." *Lila Anamika*



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Natural BEAUTY AWARDS 2018 WINNERS

Cosmetics

Eye Shadow

GOLD Organic Pressed Mineral Eyeshadow Duo, £22, inikaorganic.com "I liked the dual colours as they complimented each other well and had some subtle shimmer." *Laura Bridle*
SILVER Powder Eyeshadow, £16.50, natorigin.co.uk



Tinted Moisturiser

GOLD Beauty Balm Nude, £18.95, weleda.co.uk

"If you use a thin layer, it moisturises, does not look greasy, and does not look too dark. Overall, I like this and I think the colour would suit most non-tanned caucasians." *Laura Boyle*



Blusher

GOLD Pressed Mineral Blusher, £14.95, phethicalbeauty.co.uk

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

BRONZE Mineral Blusher, £7.99, honeypieminerals.com



"Lovely product. Beautiful colour on and off the skin. Skin felt great with it on... colour seemed to last most of the day. I didn't feel like I was wearing makeup which is a big bonus as I can't stand it if my face can't breathe." *Lila Anamika*



Foundation

GOLD Mineral Foundation, £13.99, honeypieminerals.com

"Loved this! This foundation went on really smoothly and it was easy to build up the coverage where needed. Skin looked healthy and glowing without looking too covered. Lasted all day without re-applying. Skin felt great, not clogged up, after using." *Victoria Maus*

Eye Liner

GOLD Organic Liquid Eyeliner, £19, inikaorganic.com "I loved using this. It's simple to apply and effects last all day and night. Gives a clear line and can also be used for a great smudged effect for evening make-up" *Sophie Clark*

SILVER Pencil Eye Liner, £7.95, natorigin.co.uk



Sacred Space

by Shiva Rose

MAKE
YOUR
OWN



Deborah Hanekamp, a friend and healer, introduced me to the idea of using crystals in a bath, and I have been doing it ever since. When combined with salt, herbs, and flowers in the bath, the crystals' energy is amplified. The use of crystals also makes for a visually beautiful treatment.

CLEARING BATHS

To Bring in Love

- A handful of pink Himalayan salt
- A handful of rose petals
- A handful of dried lavender
- Rose quartz crystals
- 10 drops of rose or lavender essential oil

To Cleanse Negative Energy

- A handful of sea salt
- A handful of white sage
- A handful of rosemary
- Black tourmaline crystals
- 10 drops of rosemary or sage essential oil

Fill the tub with water that is the ideal temperature for you, then add the ingredients of your choosing before you step in. Soak for 20 minutes or more.



1 Aromatherapy Sleep Better Bath Oil, £8.95, tisserand.com **2** Shea Butter, £8.95, akamuti.co.uk

3 Nail Silk, £6, natroma.co.uk **4** Whipped Vanilla Shea Butter Moisturiser, £6.90, amphora-retail.com

5 Bath Oil, £9.99, miadomskincare.com **6** Meadowfoam & Sesame Body & Bath Oil, £9.50, bloomtown.co.uk

7 Ylang Ylang Moisturising Body Oil, £9.95, soapskin.co.uk **8** Salt of the Earth Rock Chick, £5.99, crystalspring.co.uk

9 Organic Cuticle Oil, £3.95, buddha-beauty.com **10** Pure Castile Liquid Soap, £6.99, drbronner.co.uk

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Natural BEAUTY AWARDS 2018 WINNERS

Body & Bath

Indulge your senses at bath-time with these skin-nourishing goodies

Bath Treat

GOLD Organic Pure Rose Geranium Concentrated Bubble Bath, £5.99, littlesoapcompany.co.uk "I loved this bubble bath! I have missed bubbles in my bath and am so happy to be able to have them again without SLS. This bubble bath produced masses of beautifully fragranced bubbles that lasted and lasted." *Lucy Farmer*

SILVER De-Stress Bath & Shower Oil with Juniper & Grapefruit, £32, therosetree.co.uk

BRONZE Organic Rose & Argan Hand & Body Wash, £16, willowbeautyproducts.co.uk



Shower Gel

GOLD Winding Down Shower Gel, £10, oleobodycare.co.uk "I loved this product! It smelled beautiful and the formula was very gentle on my sensitive skin. It was really enjoyable to use and left my skin super soft and smelling lovely. A lovely experience in the shower." *Kerry Hedley*

SILVER Hand & Body Wash, £10, bloomshtown.co.uk

BRONZE Cleanse Me Wash, £20, apicare.co.uk



Body Scrub

GOLD Purifying Body Scrub, £12.99, urbanveda.com "This scrub is presented in a plastic tube, that makes it easy to apply by just squeezing a little out of the tube. The texture is easy to rub on, and the scent is really fresh and helps you wake up if using it during your morning shower. It leaves your skin very soft and moisturised." *Sophie Clark*

SILVER Rosemary Chi Himalayan Detox Salt Scrub, £35, bodhibirch.com

BRONZE Body Smooth Refreshing Polish, £24, tropicskincare.com

Soap

GOLD Five Soaps, £7.25, sedbergh-soap.co.uk

SILVER Bergamot and Patchouli Organic Luxury Soap, £5, cilsin.com

BRONZE Top to Toe Baby Soap, £2.50, beanandboy.com



"I was so excited to see these in my box! They smell divine and look good too. The five soaps wrapped as a set would make a lovely gift. They leave skin feeling clean, soft and smelling a treat. Now to decide my favourite!" *Alicia Scattergood*

Natural BEAUTY AWARDS 2018 WINNERS

Body & Bath

Body Oil

GOLD Pomegranate Regenerating Body Oil, £24.95, weleda.co.uk

"This oil smells so incredible, very uplifting, and feels absolutely delightful on my skin. It takes just a few minutes to be absorbed into damp skin. After a few days of use my skin feels so smooth. Really a very nourishing and quality product. I feel very trusting of Weleda products and this oil did not disappoint!" *Lily Anamika*

SILVER Rose Geranium

Blooming Bath & Shower Oil, £12, southseabathinghut.co.uk

BRONZE DREAM After Dark Bath Oil, £38, kissthemoon.com



Deodorant

GOLD Clean Deodorant Balm Lemon and Geranium, £11, naturaldeoco.com

"I loved this! I've never used a deodorant balm before but I'm a convert. It smelt really fresh and went on easily. I could get dressed straight away. It didn't mark my clothes and I felt fresh and dry all day, even after karate training!" *Victoria Maus*

SILVER Coconut Deodorant,

£13.95, ecotan.com.au

BRONZE Talc Free Body Powder, £22.95, goodcleanlivin.com



Menstrual Care

GOLD Bloom & Nora Mixed Kit, £25.99, totsbots.com/bloom-and-nora



"These pads are very appealing and come in several different colours and useful sizes. They are also incredibly soft, with the top layer being natural bamboo. Also very easy to use. I would definitely consider buying more of these." *Bella Cohen*

SILVER Organic Cotton Applicator Tampons, £2.89, natracare.com

BRONZE Dry & Light Incontinence Pads Plus, £3.79, natracare.com



GOLD

Hand Cream

GOLD Super Moisturising Organic Chia Seed Hand Butter, £10, poppysns.co.uk
 "When I first picked up the pot I thought they had forgotten to fill it! It was so light. On opening it I got the delightful smell of this very different hand moisturiser. It's puffy and light and when you put it on your hands it turns into a rich/oily moisturiser. Perfect for night time use. Lovely treat." *Maxine McVeigh*

SILVER Rich Moisturising Hand Cream, £11, oleobodycare.co.uk

BRONZE Cotton Seed and Chamomile Hand Cream, £15, whiterabbitskincare.co.uk

GOLD

Body Cream

GOLD Aloe & Rose Hand & Body Lotion, £15, elixisorlife.co.uk
 "The smell is divine. It reminds me of turkish delight! It sinks into the skin quickly without any tacky residue. My skin felt hydrated well after use." *Tania Watkins*

SILVER Body Lotion, £25, uk.africologyspa.com

BRONZE SwissForce Couperose and Thread Veins Balm, £24.90, allcures.com

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Natural BEAUTY AWARDS 2018 WINNERS

Pregnancy

Soothe your skin during pregnancy with these natural treats



Pregnancy Best Buys

- 1 Breast Balm, £7.99, kitandkin.com
- 2 Relaxing Bath Soak, £6.75, sedbergh-soap.co.uk
- 3 Moisturising Shower Gel, £13, greenpeople.co.uk
- 4 Peri Prep Your Bits, £15.50, myexpertmidwife.com
- 5 Bump Butter, £14.75, great-elm.com
- 6 Tums & Boobs Stretchmark/Massage Oil, £12, motherlylove.co.uk

Bath Product

- GOLD** Mothers Bath Oil, £15, nealsyardremedies.com
SILVER Vie Nouvelle Bath Oil, £55, michelinearcier.com
BRONZE Soothe Body Wash, £16, seascapeuk.com



"This oil smells beautiful and leaves the skin really silky after the bath. The moisturising effect lasted a while. Only a small amount is needed to make a lovely milky bath that doesn't leave the bottom of the bath greasy and slippery." Jessica Morris



Massage Oil/Cream

- GOLD** Rosehip and Tamanu Scars and Stretch Mark Body Oil, £34, siskyn.co.uk
 "Amazing oil, used all over and it was not greasy. Really lovely in pregnancy and left my skin soft, scented and supple!" Laura Ashton

- SILVER** Pure Body Butter, £19.95, justbebotanicals.co.uk
BRONZE Bust Firming Balm for Stretch Marks, £43.92, meandme.com





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Natural
BEAUTY
AWARDS 2018
SILVER

Introducing 2018 Green Parent 'Best Baby Balm' Silver Award winning product.....the All-over Baby Balm from Queen Bee Naturals! This outstanding balm is a delicate yet deeply hydrating all-natural blend of vitamin rich Shea butter, organic beeswax and natural oils which has been especially formulated to calm and soothe chronic dry skin conditions.

Handmade in Ireland the All-over Baby Balm is free from chemicals, preservatives, artificial colours and perfume so it is ideal to use on new born babies and adults with sensitive skin. It can be applied from head to toe to help soothe irritations such as nappy rash, teething rash, cradle cap and even eczema, psoriasis and dermatitis!



www.queenbeenaturals.co.uk

Soothing Sleep

Shiva Rose offers a recipe for nighttime tea that can be made into a bedtime ritual for all the family

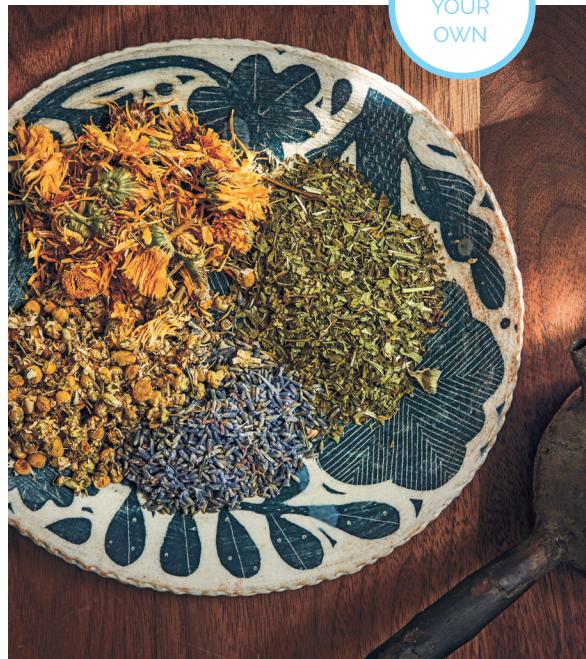
This tea quiets your mind at the end of a busy day and will send you off to sleep feeling relaxed and refreshed. Skullcap soothes the nervous system, calendula and chamomile are both calming and anti-inflammatory, and lavender aids digestion and combats insomnia. In a bowl, mix the chamomile, skullcap, lavender, calendula, and hot water and steep for 3 to 5 minutes. Strain the liquid through cheesecloth into a cup, discarding the solids. Drink warm or cool.

BEDTIME TEA

- 1 tablespoon dried chamomile
- 1 tablespoon dried skullcap
- 1 tablespoon dried lavender
- 1 tablespoon dried calendula
- 2 cups hot water

Note: Calendula and chamomile are both excellent for the skin when used externally as well. Lay the blossoms on your face while they are still warm, and cover with a cloth. The chamomile reduces dark circles and tightens skin, while calendula soothes breakouts and irritated or sunburned skin.

MAKE
YOUR
OWN



Baby & Child Best Buys

1 Baby Balm, £8.95, storksak.com 2 Little Softy Moisturiser with Prickly Pear Extract, £3.99, goodbubble.co.uk 3 Sweet Dreams Cream, £8.99, elixiroslife.co.uk

4 Hydra Bébé Body Lotion, £9.95, mustela.co.uk 5 Baby Oil, £8.99, kitandkin.com

6 Organic Pure English Lavender Concentrated Bubble Bath, £5.99, littlesoapcompany.co.uk

7 Kids Only Shampoo, £7.99, jasonnaturalcare.co.uk 8 ABCDerm Change Intensif, £9, feelunique.com

9 Shampoo & Conditioner, £4.99, mummaloveorganics.com 10 Bioskin Junior Shampoo, £9.99, salcuraskincare.com

Natural BEAUTY AWARDS 2018 WINNERS

Baby & Child

Protect your children's skin with these all-natural products



Baby Wipes

GOLD Organyc Sweet Caress Organic Cotton Wipes, £5.29, pravera.co.uk "Made from organic cotton, these wipes are a pleasure to use. I've bought more to have in my bag when out and about. Would definitely recommend" **Sophie Clark**

SILVER Organic Baby Wipes, £5.99, ecocareorganic.com

BRONZE Baby Wipes, £2.70, kitandkin.com

Nappy Cream

GOLD Skin Solve Balm, £25, madeforlifeorganics.com "This smells gorgeous of lavender, calendula and other herbs. You only needed a small amount. I used it as a face mask, on my hand, on my son's dry skin and on a small burn on my finger. It is so soothing and calming. It worked each time. Trust me it really soothes everything. It is a miracle in a jar." **Shahida Arman**

SILVER Zinc and Calendula Cream, £22.50, lyonsleaf.co.uk

BRONZE Botty Balm, £10.50, bebeautiful.co.uk



Baby Oil

GOLD Nurturing Baby Oil, £11.50, greenpeople.co.uk "This baby oil was slightly thick, which made it very nice to apply. My daughter enjoyed applying it on herself. The moisturising effect on her skin could be felt even after she came out of her bath the night after. It had made her skin very soft and silky, and helped soothe a mild rash. I would happily continue to use it and recommend it to other mums." **Sophie Clark**

SILVER Pure Baby Massage Oil, £19, naturebabystore.co.uk

BRONZE BARR Sweden's Baby Oil, £20.80, organicallyepic.uk



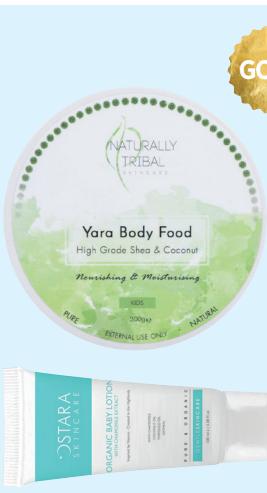
Baby Lotion

GOLD Dewdrops At Dawn Body Lotion, £23.50, littlebutterflylondon.com

"This lotion is beautiful. It smells very subtly of cocoa butter and is a lovely consistency, not too thick or watery so applied really well to my baby's skin. I've been using it for massage as well as a general moisturiser." **Nicola Woods**

SILVER Yara Kids Body Food, £21.99, naturallytribalgroup.com

BRONZE Organic Baby Lotion, £15, ostaraskincare.com





Here at Organyc, we use only natural and organic ingredients and materials to create our products. We use 100% certified organic cotton which makes our pads and liners up to 12 times more breathable than leading competitors. Clinical studies have proven this to be incredibly beneficial, with over 90% of women claiming their skin irritation issues were solved in just 3 months! Not only are we kind to your body, but kind to the environment too, with all our products being biodegradable and the majority of the packaging too!

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www.organyc.uk



Natural BEAUTY AWARDS 2018 WINNERS

Baby & Child

Bubble Bath

GOLD Little Ones Organic Bath Gel, £8, saiya.co.uk

SILVER Les Petits Bubble Bath, £10, seascapeuk.com

BRONZE Bath & Shower - Berry Smoothie, £9.95, greenpeople.co.uk



"This is a really different product to what we are used to. The gel feels really gentle to use. It works perfect as a cleansing product. My four year old loves the way it felt on her skin. A lovely treat for bathtime." Maxine McVeigh

Children's Shampoo

GOLD Hair & Body Wash with Prickly Pear Extract, £3.69, goodbubble.co.uk

SILVER Kids 2in1 Shampoo & Body Wash, £5.95, weleda.co.uk

BRONZE Baby Bath Wash & Shampoo, AUD\$14.99 organicisland.com.au



"Lovely pear scent which doesn't overwhelm the children during the bath time wind down. The product flows quickly out of bottle quickly so I had to take care not to use too much. Washed effectively. Left hair soft and smelling lovely." Tania Watkins



Baby Balm

GOLD Natural Kids Balms Set, £16, bellarynature.com

"These were my favourite products and the kids loved them too. They were very pure, gentle smells and I really enjoyed massaging them into the kids' chests or backs at night." Kate Peers

SILVER All-over Baby Balm, £12.50, queenbeenaturals.co.uk

BRONZE Kiss It Better Cream, £15, fieldfreshskincare.co.uk



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Shiny Tresses

Shiva Rose shares a recipe for luscious looks

My hair gets so dry in the summertime, but I love to resort to easy, affordable, ways to condition my hair. Many conditioners just coat your hair with chemicals and wax products and don't actually penetrate the hair shafts. Of course a diet rich in healthy fatty acids and oils will greatly affect hair shine and hair growth. Some everyday kitchen staples are the best to give your locks back their lustre. Here I use yoghurt to help tame my curls and promote shine.

In addition to accelerating the growth of slow growing hair, yogurt also provides other benefits for healthy and beautiful hair.



The protein content in yogurt provides ample nourishment and strengthening to the hair without making it dull or dry. The zinc and lactic acid properties help stimulate blood circulation, which aids growth.

HAIR CONDITIONER

Blend half cup of yogurt into a smooth paste and coat the hair with it. Wrap the hair in a towel and leave it on for 20 minutes. Wash with your regular shampoo and notice the enhanced moisturizing and conditioning effect of the pack on your hair.

Those with curly locks and frizzy hair can also use yogurt to make their hair more manageable. Make a paste of 3 tbsp yogurt and 2 tbsp coconut oil. Apply the paste evenly on the hair and leave it on for 30 minutes before washing with a mild shampoo.

To help rough and dry hair, especially in winter, whip half a cup of yogurt with 2 tbsp almond oil and 2 beaten eggs. Apply the paste on the hair and leave it on for 30 minutes before shampooing for nourished and hydrated hair.



Hairstyle Best Buys

- 1 Organic Argan Oil Conditioner, £5.99, rootsandwingsorganic.com
- 2 To The Rescue Moisture Boosting Conditioner, £6.99, noughtyhaircare.co.uk
- 3 Hydrate Conditioner, £6.99, tintsofnature.com
- 4 Grizzly Mane Detangler with Prickly Pear Extract, £3.99, goodbubble.co.uk
- 5 To The Rescue Intensive Care Leave-in Conditioner, £6.99, noughtyhaircare.co.uk
- 6 Botanical Boost Shampoo Bar, £5.94, amphora-retail.com
- 7 Coconut Shampoo, £5.50, faithinnature.co.uk
- 8 Shampoo for Dry Hair, £9.99, elixisorlife.co.uk
- 9 Hydrate Treatment, £8.99, tintsofnature.com
- 10 Natural Shampoo Bar - Lavender & Tea Tree, £2.62, friendlysoap.co.uk

Natural BEAUTY AWARDS 2018 WINNERS

Haircare

Best ethical products for keeping your locks in tip top condition

Styling Product

GOLD Eco Cosmetics Hair Mousse, £9.95, pravera.co.uk

"I really loved this product. I liked the smell and I love the mousse, it's so nice in the hair, not sticky at all. I had some lovely curls with this product too. It lasted all day." *Juliet Burcher*
SILVER Wave Hello Curl Taming Cream, £6.99, noughtyhaircare.co.uk
BRONZE Rise & Shine Hydrate & Shine Serum, £8.99, noughtyhaircare.co.uk



Hair Treat

GOLD To The Rescue Intense Moisture Hair Mask, £8.99, noughtyhaircare.co.uk

"The smell is pretty good and the product was very easy to use. I used it for a 20 minute conditioning treatment and my hair felt great afterwards. Very soft and shiny and this lasted for five days until the next wash. A real difference from regular conditioner." *Abi Denyer Berwick*

SILVER Regenerate Hair Oil, £13, etieno.co.uk

BRONZE Peppermint Hair Remedy, £25, alchemyoils.co.uk



Conditioner

GOLD Revive Conditioner, £16, seascapeuk.com "This conditioner smelt refreshing, it was a distinctive herbal scent of rosemary followed by a light citrus scent of bergamot. A good consistency to use in the shower, it was easy to comb it through my hair. When my hair dried it was lovely and smooth and I could still smell the scent the next day." *Coral Homes-Gifford*

SILVER Wave Hello Curl Defining Conditioner, £6.99, noughtyhaircare.co.uk

BRONZE Rose & Honey Milk Leave In Detangling Conditioner, £19, floracurl.com



Shampoo

GOLD Natural Shampoo Bar - Lavender & Geranium, £2.62, friendlysoap.co.uk

"This product lathered up well and left my hair very clean and soft. I needed to follow it with conditioner though as I have long thick hair. If you had shorter or finer hair you might not need to. It smelt lovely and was so nice to eliminate another plastic bottle. Great value for money and perfect for holidays." *Tania Watkins*

SILVER Lemongrass Shampoo, £10, sedbergh-soap.co.uk

BRONZE Revive Shampoo, £16, seascapeuk.com



Natural BEAUTY AWARDS 2018 WINNERS

Men Care

Tend to beards and nurture skin with this selection

Best Deodorant

GOLD Men 24h Roll-On Deodorant, £7.95, weleda.co.uk

"Smells great, feels nice on skin. Leaves you feeling fresh. Effects lasted all day." **Justin Nurse**

SILVER Ocean Deodorant, £10, elsas.co.uk

BRONZE Natural Handmade Deodorant, £10, lotustherapieswhitstable.co.uk



GOLD

Best Shower Gel

GOLD Men Active Shower Gel, £7.95, weleda.co.uk

"Products foams well and leaves skin clean and smooth. I enjoyed using this daily. It's very fresh smelling and easy to dispense." **Karl Bernage**

SILVER Eucalyptus, Bergamot and Black Pepper Body Wash, £10, tropicskincare.com

BRONZE Tea Tree & Aloe All Over Skin Wash, £6.80, tisserand.com



Best Haircare

GOLD Zing Fresh Shampoo Bar, £5.94, amphora-retail.com

"The first time I'd ever used a product like this. It lathered up well and my hair felt clean afterwards. I'd recommend this." **Ben Archer**

SILVER Supermatte Mattifying Mist, £10.95, mankind.co.uk



GOLD

"Amazing product, smells and feels awesome. Skin feels so nice after use. Absorbs into skin so nicely and leaves it so beautifully moisturised. Been using this a lot, feels better every time. Leaves my skin feeling great all day." **Justin Nurse**

Best Moisturiser

GOLD Beauty & the Beast Face Oil, £42, rosalena.co.uk

SILVER Aftershave Balm for Men, £9.99, elixirsolife.co.uk

BRONZE Fab Face Cream Bergamot Sandalwood & Pine, £18, beinspiredcreams.buzz



Best Beardcare

GOLD Beard Oil, £25, whiterabbitskincare.co.uk

"Helped me wake up in the morning with its zesty scent. Received a few comments on how good my beard looked after using this - a real winner." **Karl Bernage**

SILVER Beard Oil, £4.95, kernowspa.co.uk



GOLD

Best Shaving

GOLD Soothe and Calm Shave and Beard Oil with Rosehip, Baobab and Mint, £32, organichouseskincare.com

"Great smell and very easy to use. Skin felt moisturised after use. Will look at the rest of the range." **Ben Archer**

SILVER Homme Shave Gel for Men, £16, seascapeuk.com

BRONZE Look Sharp Sensitive Shave, £16, tropicskincare.com

GOLD



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Natural BEAUTY AWARDS 2018 WINNERS

Little Extras

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Perfume

GOLD My Personal Space Spray, £10, saskiasfloweressences.com

"The smell is really nice, subtle but soothing. It doesn't last for very long unless you spray a lot of it. The spray is very fine which is great, so just a light mist. No packaging around the bottle itself so nothing unnecessary. Looks simple and homemade." *Abi Denyer Berwick*

SILVER Ultimate Survival Kit, £50, scentered.me

BRONZE Neroli 475 Vegan Unisex Perfume, £18, edenperfumes.co.uk



Toothpaste

GOLD Simply Coconut Toothpaste, £5.99, jasonnaturalcare.co.uk

"Odd feeling and sensation, using a non-minty toothpaste, but easy to apply, and after a few applications teeth were whitening. I felt healthy using it as it contains coconut." *Helen Manchip*

SILVER All-One Peppermint Toothpaste, £6.49, drbronner.co.uk

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



Sun Protection

GOLD All-Natural Sunscreen, £9.75, not-the-norm.com

"I love this product, it smoothes on the skin lovely without much of a white cast and it's not greasy. It smells lovely too. I haven't been able to test the UV qualities properly due to the time of year. I tried it on my son on a sunny day and he was fine." *Juliet Burcher*

SILVER Natural Sunscreen, £25.95, ecotan.com.au

BRONZE ORGANII SPF50 Sun Milk, £23.95, pravera.co.uk



Supplements

GOLD Organic Amla - Natural Vitamin C, £19.97, trueveda.com

"It's great that this is a vegetarian capsule. I do feel like I have more energy since taking it. It doesn't taste of much and isn't too big, so is an easy capsule to take and leaves no after taste." *Jessica Morris*

SILVER DLux3000 Oral Vitamin D Spray, £7.95, betteryou.com

BRONZE Bio-Kult Infantis, £12.31, bio-kult.com



After Sun

GOLD All Over Lotion, £12.75, sedbergh-soap.co.uk

"This is a good moisturising lotion that left my skin feeling hydrated but not sticky. The lotion kept my skin lovely all day but the lack of scent was a negative for me." *Nicola Woods*

SILVER Frank & Sense Face Oil, £42, rosalena.co.uk



Natural BEAUTY AWARDS 2018 WINNERS

Editor's Picks

There are so many incredible products in this years awards - here are some of my favourites

2 Petal Perfect Beauty Facial Mask, £19, bellarynature.com

"This is a new discovery for me and whilst I love all this brand's wide range of great products, the facial mask is exceptional. Amazing scent and super cleansing effect."



3 Wild Rose Beauty Balm, £40, nealsyardremedies.com

"This product is so sumptuous - feels like a real treat to use. Excellent results for multiple uses too; a wonderful eye-make-up remover and a nourishing skin balm to combat redness."



4 Yogi Tonic, £12.50, realremedies.co.uk

"I love the earthy taste of this tonic. It's handmade in small batches in Herts by a family business. Great ethics and wonderful products."



5 24k Gold Pomegranate & Frankincense Elixir, £35, elixirbysaarah.com

"This delicious elixir contains actual gold flakes. I feel in love before I started using it. It leaves skin feeling hydrated and nourished."



6 Intensive Care Hand Cream, £21.50, beeinspiredcreams.buzz

"What an incredible scent. This luxury hand cream can be left on overnight as a kind of mask for hands and skin feels soft and smooth come the morning."



7 Pink Himalayan Salt Soak, £8, bloomtown.co.uk

"This smells absolutely divine. Makes a great gift if you can bear to part with it once you've inhaled the heady blend of lavender and geranium."



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