

The
Green Parent

*Natural
Beauty
Bible*

2017

OVER 500 PRODUCTS TRIED, TESTED AND RATED

THE NEW GENERATION OF BATHING SALTS



SUPERSALT

With **Active Ingredients** such as **Arnica** and **Colloidal Oatmeal**, these new and **exclusive, innovative** bathing salts have been paired with their perfect partner for **supercharged extreme therapeutics**.



MUSCLE RELIEF

EPSOM SALT

ARNICA, SPEARMINT & EUCALYPTUS

Natural First Aid for Muscles
Revives Mind & Body Fatigue
Supports Recovery After Exercise



SKIN NOURISHING

DEAD SEA SALT

COLLOIDAL OATMEAL

Nourishes, Moisturises & Protects
Supports the Skin's Natural Protection
Soothes Psoriasis & Eczema-Prone Skin



BODY CLEANSE

HIMALAYAN SALT

SEAWEED, LEMON & ROSE

100% Naturally Cleansing
Rich in Vitamins & Minerals
Leaves Skin Feeling Toned & Radiant

Natural Beauty Bible

2017



Welcome to our 2017 Natural Beauty Bible.

The average person applies ten different skincare

products to their face and body every day. As our skin is porous we absorb the 130+ chemicals contained in these products and we have no idea how this will affect us over time. Luckily there is a growing number of effective, clean and natural alternatives being created. We have spent the last six months putting these to the test; a panel of experts and readers have tried out hundreds of products and written in depth reviews to help us select the winners in each category. We've searched out the finest oils and treatments to use during pregnancy, the gentlest balms for your newborn and the most natural shampoo for your child. We've hunted out the most luxurious, affordable bath treat for you, the most effective natural deodorant and many more. The guidelines for our Natural Beauty Awards state that

all products must be free from petroleum-based chemicals, propylene glycol, parabens or sulphates and NO animal testing so you can be assured of their safety and company ethics. The brands that you'll find inside are all giving something back - they've been chosen for their commitment to making the world a better place for our children, and grandchildren.

Also inside, we've shared some of our favourite beauty tips and rituals from around the world, including recipes for treats you can make yourself using ingredients in your kitchen.

Use this handy guide when you are next shopping for your family. We've found the very best to share with you!

If you like what you read here subscribe to The Green Parent magazine for £2 a month at thegreenparent.co.uk/subscribe to get regular beauty recipes and ideas.

Melissa Corkhill - Editor



CONTENTS

- 5 SKINCARE
- 11 MAKEUP
- 15 BATH TREATS
- 21 PREGNANCY
- 23 CHILDREN & BABIES
- 25 WINNERS FOR ALL THE FAMILY
- 27 SUBSCRIBE TO THE GREEN PARENT
- 29 HAIRCARE
- 33 SUNCARE, TOOTH PASTE AND VITAMINS
- 34 EDITOR'S PICKS

WITH MANY THANKS TO ALL OUR NATURALLY BEAUTIFUL TESTERS

Rebecca Ambrose, Eleanor Bell, Polly Bidwell, Helen Bogle, Laura Bridle, Hayley Canning, Elizabeth Cohen, Kate Collins, Lucy Cunningham, Rebecca Dillon, Lucy Farmer, Jen Gale, Claire Giles, Gabrielle Grant, Ana-Maria Green, Abigail Gregory, Kerry Hedley, Coral Homes-Gifford, Holly Jade, Sarah Jeffreys-Emrys, Laura Lismanis, Vicki Lloyd, Mary Marshall, Kirsty McNicol, Jen Morris, Kate Peers, Rachel Power, Petra Robertson, Leanne Rose, Gemma Sampson-Munday, Alicia Scattergood, Lyn Shephard, Louise Sleeman, Donna Taylor, Fern Thomas, Monica Ugalde, Nicola Woods, Katie Yarde

Editor Melissa Corkhill info@thegreenparent.co.uk • Art Director Jez Harris art@thegreenparent.co.uk • Advertising Sales Emma Moss, Emma Parfitt, Brian Shilling, Caroline Littler Tel 01892 677740 thegreenparent@spacemarketing.co.uk • We are an editorially led magazine, which means intelligent, non-biased journalism. Advertising space is available to those companies with a desire to make the world a greener, more positive place. Address The Green Parent magazine, PO Box 104, East Hoathly, Lewes, BN7 9AX www.thegreenparent.co.uk • Subscriptions sales@thegreenparent.co.uk



Mirati Cosmetics are made with natural or naturally derived ingredients
 Organic Ghee and Organic Essential Oils with Aloe Vera and Shea Butter combine to create a stunning everyday skincare range

Face Wash Night Cream Body Lotion Hand Cream Day Cream

Mirati Cosmetics available exclusively from www.blossomandroot.co.uk



Blossom & Root
 Beauty Care Inspired By Nature



ISUN



*Fall in love with the inviting aromas.
 Feel the purity. Experience the results...
 and you'll never want to use anything else on your skin.*



Wildcrafted, Organic & Natural Skincare

www.isunskincare.co.uk



GO BARE OUTSIDE[®]
 ECO-ACTIVE SUNSCREENS



www.gobareoutside.com
 follow @BareRepublic | info@gobareoutside.com

THERAPEUTICS⁺

SKINCARE FOR PROBLEM SKIN



For skin prone to:

- ✓ Eczema
- ✓ Psoriasis
- ✓ Dermatitis
- ✓ Rosacea
- ✓ Spots & Acne

DON'T COVER IT UP, CLEAR IT UP

Formulated with natural plant extracts & vital oils

- ✦ No petro chemicals
- ✦ No steroids
- ✦ No synthetic perfumes
- ✦ No harsh parabens

Dermatologically tested. Non-comedogenic

Essentially 2 Years

Beauty

AROUND THE WORLD

Use rice water to cleanse your face, ease healing with oats and use the power of green tea to soothe the eyes

CHINA Women in China use rice water as a cleansing rinse for their faces. Rice is chock full of antioxidants, which nourish your skin and fight harmful free radicals that lead to aging. How do you do it? Soak rice in water for 20 minutes. Strain out the rice, and then use a cloth to apply to your face.

BRAZIL Brazilians use oats to ease the pain of a sunburn and speed healing. How do you do it? Next time you get sunburn, tie up some oats in gauze and then position it over the tap for your bathtub. Turn it on and fill the tub, allowing



the water to filter through the bag with the oats. Soak in the bath and you'll get fast relief from your sunburn. Oats have amazing anti-inflammatory healing properties!

CHILE If you have ever wondered how Chilean women get their skin looking so luminous, it turns out the secret is crushed red grapes mixed with white flour! A handful of grapes is all you need and a couple of tablespoons of flour. Mix it together, apply it to your face for ten minutes, and wash it off. You should get a lovely glow to your skin.

SWEDEN Freeze some green tea in an ice cube tray, and use the ice cubes in place of a toner. If you are not so keen on the idea of rubbing ice cubes over your skin, you can skip that and just use the tea bags themselves after you make your tea! Mineral water is great for your skin, but you'll get the best effect if you go with icy mineral water. Splash it on your face and you will firm up your skin. If you have puffiness around the eyes, it can help reduce that.



Skincare Best Buys

- 1 Chamomile & Rose Beauty Balm, £10, soapnuts.co.uk
- 2 Bright eyes facial serum, £7.50, barebodycare.co.uk
- 3 Rose & Honey Moisturiser, £7.50, bskincare.co.uk
- 4 Frankincense and Rose Face Toner, £7.98, askincare.co.uk
- 5 Daily Defence Vitamin Cleansing Facial Wash, £8.50, saiya.co.uk
- 6 Natroma Q10 Facial Oil Serum, £8.95, natroma.co.uk
- 7 Face Refine Bamboo Exfoliant, £6, purelyputiproducts.co.uk
- 8 Teenage Dirtbag Face Scrub, £5, sapooni.com
- 9 Fruity Magic Rejuvenating Cream Face Mask, £1.20, ooh-arr.com



Skincare

Treats for your face that highlight the very best in beauty right now

Cleanser

GOLD Kale 3D Cleanse, £25, nourishskinrange.com "I absolutely love this product! It feels really luxurious and creamy for a wash off cleanser and leaves my skin feeling perfectly clean and not at all tight." **Katie Y**

SILVER Exfoliating Bamboo Cleanser, £20, mbotanicals.co.uk

BRONZE Organic Facial Cleansing Oil, £12, beautynaturals.com

Day Moisturiser

GOLD Hydrating Facial Silk, £28, eveofstagnes.com
"I have been loving this facial silk. It's silky smooth on the skin and a little goes a long way. It soaks into the skin quickly and leaves a scent which is beautiful." **Holly J**

SILVER Mellow Mandarin Moisturiser, £16.25, biabeauty.com

BRONZE NeroliPom Moisturiser, £29, terreverdi.com

"A nice thick cream that went on easily and my skin around the eyes felt nourished and bright afterwards. I applied it at night and during the day and felt my skin lovely for hours after." **Nicola W**

Face Mask

GOLD Chocolate Marshmallow Face Mask, £7.95, akamuti.co.uk "This face mask is such a treat to use, it smells like chocolate and calms and brightens the skin after every use. Skin feels smoother and brighter after application, great value for money as a little goes a long long way!" **Ana-Maria G**

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

BRONZE Face Lift Brightening Tightening Mask, £16, tropicsskincare.com

Eye Cream

GOLD Gentle Eye Cream, £12, oleobodycare.co.uk

SILVER Marine Radiant White Brightening Eye Lift, £28, janjira.co.uk

BRONZE Lumafirm Eye Contour - Lift & Glow, £76, pevonia.co.uk

KINVARA

TRUE SKINCARE

Winner of
Green Parent
Natural Beauty Award
2017



Powered by plants...



Enjoy a 10% discount with code Kinvara10

www.kinvaraskincare.com

Oleo

HANDMADE BODYCARE

Oleo Bodycare is a natural affordable luxury. We firmly believe that our formulations must benefit mind, body and wellbeing, using high quality essential oils, herbs, plant oils and extracts. As nature provides an abundance of safe, therapeutic ingredients, we see no reason to use anything synthetic or potentially harmful.



www.oleobodycare.co.uk

NATROMA

professional aromatherapy

est.2006

Visit the Natroma website for Q10 Special Offers!



Award Winning Ethical Skincare
free from parabens, SLS, synthetic colours & fragrances
Organic Goat's Milk Soaps & Bathing
Organic Facial & Body, Unique Gift Hampers



www.natroma.co.uk

Stourbridge DY8 4HF 01384 399451



Acne & Spots?

SkinGenius Tackles Acne, Spots and Pimples



SkinGenius will banish the bacteria that causes Acne, Spots, Pimples & Oily skin, bringing skin confidence to Teenagers and Adults. Effective and very easy to use.

All products are bursting with **NATURAL, ORGANIC and VEGAN** ingredients and contain **"No Junk"**



An amazing difference for Emily with only 6 weeks of using SkinGenius

Moisturiser 50ml
£18.99

FREE FROM Parabens, Silicones, Preservatives, Colours, Fragrance, Chemicals and is NOT tested on animals

skin-genius.co.uk



Skin Genius UK



SkinGenius_uk



skingeniusuk



inner-soul

HOLISTIC CARE OF THE SKIN

Award-Winning Organic
Facials and Skincare
to Nourish Skin, Mind and Soul

10% Off With Code **GREEN10**



www.inner-soul.co.uk

Clinics in Harley Street and Kent

TISSERAND®

AROMATHERAPY



92% of women
said that their
hands felt softer
or much softer
after just 1 week.

"Like a spa in a tube"
Olivia, from Lewes.

Bathe your hard-working hands in Tisserand Aromatherapy Neroli & Sandalwood hand cream. Rich in natural vitamins & antioxidants to leave your skin soft, nourished & beautifully scented.



A NEW WAY TO CLEANSE

See the change. Cleanse and protect in one step.

With organic Kale and activated science to tackle the effects of urban pollution and provide anti-ageing protection.

KALE 3D CLEANSE



VISIT US AT nourishskinrange.com



bia beauty
MELLOW MANDARIN
Moisturiser
Silver Award -
Day Moisturiser



Natural, gentle and effective skincare
from Ireland
Available from lovelula.com



Skincare



GOLD

Night Moisturiser

GOLD Healing Night Balm, £25, inner-soul.co.uk "I instantly fell in love with this product and am definitely going to buy it to incorporate into my skin care routine. It felt so luxurious and potent as my skin absorbed it." **Fern T**
SILVER Frankincense Intense Cream, £55, nealsyardremedies.com
BRONZE Avocado 24-Hour Replenishing Cream, £22, odylique.co.uk



Facial Oil

GOLD Facial Oil, £24, potionshop.com "This smells amazing and it feels like a real treat every time I use it. My skin felt more plump and had more elasticity after using it and I believe it had a calming effect on my hormonal pregnancy skin." **Fern T**
SILVER Revive Face Oil, £25, ermana.co.uk
BRONZE Plum & Argan Facial Oil, £28.50, louloubelleskincare.co.uk

GOLD



GOLD

Toner

GOLD Urban Veda Reviving Hydrating Toner, £13.99, urbanveda.co.uk "It smelt divine. Very strongly of rose. Not dried out like other toners or tight, refreshed." **Gemma S-M**
SILVER Trilogy Hydrating Mist Toner, £18.50, trilogyproducts.com
BRONZE Soothing Toner, £15, beyondorganicskincare.com



"Loved this little sponge! My skin really felt super soft after using it. It can be used either on its own or with your own facial cleanser. This one came infused with green tea to purify the skin so was good to go with just water. It felt like it got my skin thoroughly clean but was not at all harsh. In fact it is so soft and gentle that you can even use it on the eye area." **Louise S**

Facial Exfoliator

GOLD Green Tea Konjac Facial Puff Sponge, £8.99, konjacspooncompany.com
SILVER Gentle Face Exfoliator, £15, elixirsoftlife.co.uk
BRONZE Face Scrub, £6, bskincare.co.uk



GOLD

Skin Serum

GOLD Super Firming Serum, £68, willowbeautyproducts.co.uk "This had a light refreshing scent. It sinks into the skin straight away. I feel like this made my pores much less noticeable and was an amazing base for makeup application." **Hayley C**
SILVER Kinvara Skincare 24Hr Rosehip Face Serum, £24.95, kinvaraskincare.com
BRONZE Anti-Aging Serum, £19.95, phbethicalbeauty.co.uk



GOLD

ON!
JUNIPER

ORGANIC + NATURAL
LIP BALMS + BATH BOMBS
FOR GIRLS



SKIN-FRIENDLY
HANDMADE
IN THE UK
ORGANIC
+ NATURAL
INGREDIENTS



www.onjuniper.com • info@onjuniper.com

10% OFF YOUR FIRST PURCHASE CODE ONJUNIPER



Healthy is beautiful.

INIKA is Certified Organic, 100% natural, mineral, botanical, vegan, cruelty-free, non-toxic cosmetics.

Choose the world's healthiest makeup without ever compromising on your flawless look.



Vegan Kabuki Brush



Baked Mineral Foundation
(Shown here in shade Nurture)

inikaorganic.com/uk

pevonia
YouthRenew™
tinted cream SPF 30



fiveⁱⁿ
one

- Tinted for Flawless Look
- Broad Spectrum SPF 30
- Age-Defying
- Ultra-Hydrating
- Health Luminosity

Infused with **Collagen**, **Vitamin C** and **Olive Extracts** to conceal while repairing lines and wrinkles



buy now
PEVONIA.CO.UK
01449 727000



@PevoniaUK

Beauty

AROUND THE WORLD

How turmeric can be used to give the glow and make your own kohl

SPAIN If you get dark circles around your eyes when you are fatigued, you can get rid of them by cutting thin potato slices and putting them on top of your eyes for ten minutes. This will lighten the skin around your eyes. You'll find this trick works particularly well if you do it routinely.

FRANCE The simplest solution in the world for nail stains is citrus. Just soak your fingers in lemon juice for ten minutes, and most of those stains should go away. It's very fast and easy!

TRY THIS AT HOME



INDIA Turmeric is used as a spice in a lot of Indian recipes, but it is also used for beauty. Before an Indian wedding, the bride performs the "haldi" ceremony. This involves applying a turmeric paste to her face and body and washing it off so her skin will be vibrant. You can make the same paste by mixing a teaspoon of turmeric powder with honey and yogurt. You want it to get a thick pasty consistency. Put it on your face for fifteen minutes and then wash it off. Don't worry, your skin won't turn yellow—but you should see a nice glow.

INDIA Indian women have lined their eyes with kohl (kohl) for centuries. Originally, it was to deflect sun glare in the desert, according to historians, but these days well-lined eyes are an iconic Indian beauty ideal. Indian women blend ashes with oil to create an ultra-dark, smudgy liner that goes on super smooth.



Makeup Best Buys

- 1 Lip Balm Star Gift Set, £9.99, onjuniper.com
- 2 Happy Lips, £4, oleobodycare.co.uk
- 3 Raspberry Rose Lip Balm, £3.89, fairfieldgardens.co.uk



Makeup

The very finest in eco cosmetics for eyes, face and nails

Tinted Moisturiser

GOLD PHB Botanical BB Cream, £18.95, phbethicalbeauty.co.uk "I am really glad to have been introduced to this product and brand. This BB Cream 'blurs the line between makeup and skincare' and it ticks so many boxes for me in terms of what I am looking for from a product and brand. It applies and absorbs really easily." **Fern T**

SILVER Elixir Skin Enhancing Daily

Defence Care, £22 ixxi-cosmetics.co.uk

BRONZE Seahorse Plankton Beauty Boosting BB Cream, £14.99, beautykitchen.co.uk



GOLD

Nail Polish

GOLD Sampure Minerals

Nail Polish with mica,

£13.50, sampure.co.uk

SILVER NATorigin Nail

Enamel, £11, natorigin.co.uk



"This is truly one of the best nail polishes

I've ever used!

Firstly, the brush was

amazing. It made

application virtually

foolproof. Secondly,

the pigmentation

was excellent. I got

flawless coverage

with 2 coats but could

easily have got away with just one. I

wore it without a top coat to truly test

it's staying power. It lasted 2 full days

without chips which is very good for me.

Does not contain many of the nasties

commonly found in nail polish." **Louise S**



GOLD



Lipstick

GOLD

GOLD Organic Lipstick £17,

mirrorandmakeup.co.uk

"This lipstick is a lovely medium Rose colour with plenty of pigment and a slight sheen. It applies smoothly straight from the bullet and feels comfortable although not overly moisturising on the lips. The pigment and lasting power were particularly impressive, it lasted several hours even whilst eating and drinking. The lipstick boasts great ingredients and the fact that it's vegan is also a bonus!" **Ana-Maria G**

SILVER NATorigin Lipstick, £17.75, natorigin.co.uk



Mascara

GOLD NATorigin Lengthening

Mascara, £15.95, natorigin.co.uk



GOLD



"The mascara is a good deep brown shade, which is perfect

for my complexion. The mascara did thicken and lengthen the look of my eyelashes and stayed on all day. It doesn't rub off too easily and looks tidy." **Elizabeth C**

Bronzer

GOLD Baked Mineral Bronzer,

£29.50, inikaorganic.com/uk

"The colour palette that I had was perfect for my skin, not too bronzed and it really did leave a sun kissed look. It was easy to use but I had to make sure that I used a very light brush so that the coverage wasn't too heavy." **Kate P**



GOLD

Applicators

GOLD Vegan Kabuki Brush, £27.50, inikaorganic.com/uk
"This brush was amazingly soft and fluffy considering it's vegan. I used this to set my makeup with powder and it gives the most perfect finish." **Hayley C**



Eye Liner

GOLD NATorigin Pencil Eye Liner £7.95, natorigin.co.uk



"This eyeliner applies really easily, looks good and lasts well. It does however

need reapplying or checking after a few hours as it can start to smudge/bleed. All things considered it's a good eyeliner, natural and cruelty free which makes it better than mainstream alternatives for me." **Alicia S**



Lipbalm

GOLD Calendula Unscented Lip Balm, £3.95, pinwheelbalms.com "This is such a simple lip balm but so moisturising and I loved it. There is no scent. It is slightly rounded so it's lovely to apply and my lips felt soft and moisturised immediately. The moisturising effect lasted for ages after." **Nicola W**
SILVER Dr. Lipp Original Nipple Balm for Lips, £12, drlipp.com
BRONZE Dr Bronner's Organic Lip Balm £2.99, drbronner.co.uk



Foundation

GOLD Mineral Foundation SPF 15 £19.50, mirrorandmakeup.co.uk "I absolutely loved how this foundation looked on my skin. I have dabbled with mineral powders in the past without much success but found this one looked so natural on the skin whilst still giving me the coverage I like. It wore well throughout the day needing minimal touch ups. I only used a small amount each time meaning it will last ages! It is also fine to use for 30 months after opening which is great." **Louise S**
SILVER Baked Mineral Foundation, £29.50, inikaorganic.com/uk
BRONZE Mineral foundation, £14, beautifulmecosmetics.com



Powder

GOLD Dewy perfection finishing powder, £8, beautifulmecosmetics.com "It's slightly shimmery, nicely smooth and good for use with a liquid or cream foundation. I think it would good for winter time as it's slightly pale. It's very good value for money." **Eleanor B**
SILVER Sampure Minerals Setting Powder Glow, £19.50, sampure.co.uk



Lipgloss

GOLD Tinted Lip Balm, £6.95, weleda.co.uk
"Gorgeous colour, nice and creamy, very moisturising. Makes lips look lovely a very naturally made-up look, which is perfect for me. I will be buying the other colours in the range as I've been so impressed with the texture and how nourishing it is. A make-up bag and skincare must have all-in-one, in my opinion." **Katie Y**
SILVER PHB Lip Glaze, £10.95, phb.ethicalbeauty.co.uk
BRONZE Jewel Lip Gloss, £12, beautifulmecosmetics.com



Eye Shadow

GOLD Dusty Road mineral eyeshadow, £7, beautifulmecosmetics.com
"I loved this product. The colour was gorgeous and looks so nice each time I wear it. I loved the little pot that it came in and how it looked after I applied it each time." **Kate P**
SILVER NATorigin Powder Eyeshadow, £16.50, natorigin.co.uk
BRONZE Ecoprincess Play Makeup Set, £24.99, organicbeautynow.com



MOST COSMETIC PRODUCTS ARE HARMFUL TO YOUR HEALTH,
TO ANIMALS & TO THE ENVIRONMENT

CHOOSE ETHICAL BEAUTY!



30% OFF

YOUR 1ST ORDER

USE CODE: **GPA17** AT PHBETHICALBEAUTY.CO.UK

PHB PRODUCTS ARE:

- ❖ 100% NATURALLY DERIVED
- ❖ SUITABLE FOR VEGETARIANS & VEGANS
- ❖ ALCOHOL & GMO FREE (HALAL CERTIFIED)
- ❖ PALM OIL FREE
- ❖ NOT TESTED ON ANIMALS
- ❖ HANDMADE IN THE UK
- ❖ SKIN CARE, BODY & HAIR CARE, COSMETICS
- ❖ GREAT FOR SENSITIVE SKIN & ECZEMA



CELEBRATE WITH US! WINNERS OF BEST TINTED MOISTURISER (GOLD), BEST LIP GLOSS (SILVER), BEST SERUM (BRONZE) AND HAIR CARE (BEST BUY).

*Offer ends 31st August



PHB ETHICAL BEAUTY
SKIN CARE | HAIR CARE | COSMETICS



Beauty

AROUND THE WORLD

Make like Cleopatra and get soft radiant skin

TRY THIS
AT HOME



soothing and healing all manner of skin irritations and healing old wounds—like stretch marks.

EGYPT This beauty secret is so old that it literally dates back to Cleopatra, who reportedly bathed in milk and honey to keep her skin radiant and soft. She also added lavender and rose petals to her baths, and according to some historians, raspberries and strawberries. The milk she used came from goats, but cow's milk will give you the same benefits since milk contains alpha-hydroxy acids (AHAs). These compounds help to slough off dead skin cells, gently exfoliating your skin. This allows healthy new skin tissue to grow for a fresh, youthful complexion.

ISRAEL Mud from the Dead Sea in particular is renowned for its rich mineral content. Women in Israel cover their bodies with mud from the Dead Sea, then go for a dip in the salty water. Many even take jars to the beach and gather up the mud for use later at home.

AUSTRALIA Yarrow extract is a beauty secret which has been used by Australian Aboriginal women for generations to clear up their

stretch marks. Yarrow root contains anti-inflammatory compounds, and can also moisturize your skin. The combination does a great job for



Body & Bath Best Buys

- 1 Sumatra Soap, £7.10, stonesfieldsoap.com
- 2 Westlab Himalayan Body Cleanse Supersalt, £7.99, westlabsalts.co.uk
- 3 Pure Soap Bar, £5, ruthromano.com
- 4 Goats Milk Soap Rose and Geranium, £3.50, cyrilsoapshed.co.uk
- 5 Ylang, Patchouli & Orange Natural Clay Soap, £4, thenakedskincarecompany.co.uk
- 6 Uplifting Wonder Oil, £14, kernowspa.co.uk
- 7 Earth Conscious Natural Deodorant, £5, earthconscious.co.uk
- 8 Coconut Shower Gel, £5.50, faithinnature.co.uk
- 9 Arnica, Comfrey and Calendula Soothing Balm, £8, chambers-london.com
- 10 Neroli & Patchouli with Jojoba Oil Himalayan Bath Salts, £9.50, soapskin.com

**SEDBERGH
SOAP COMPANY**
NATURALLY MADE BY HAND



DEVELOPED FOR ECZEMA - LOVED BY ALL

In 2007 I developed a range of luxurious bath and skin care products to suit my own severe eczema. Our products are still handmade from the finest natural and organic ingredients and we still test every product on my own skin. We are known for our unique quality and you will find Sedbergh Soap in luxury hotels, Michelin-starred restaurants and spas. To enjoy at home, please visit one of our independent stockists or browse the complete range online.

'A real treat for sensitive skin.' **Michael van Straten, Health Expert and Broadcaster**

Enjoy!

Dorthe M Pratt, Founder.

soap bars • hand & body wash • bath soak • shampoo • conditioner • creams and lotions
baby and children's products • corporate gifts • bespoke service • unique gift boxes

PHONE 015396 20967 OR VISIT SEDBERGH-SOAP.CO.UK



Body & Bath

Looking for natural bodycare?
Here are the winning products for
bathing and all over skin care

Body Scrub

GOLD Urban Veda Soothing Body Scrub, £12.99, urbanveda.co.uk "The first thing that I noticed on dispensing this product from the tube was the fragrance. It is beautiful - quite therapeutic! Makes it feel like you are having a spa experience every time you use it. The exfoliating particles are gentle and buff rather than scrub. Of course the exfoliants are natural too - no nasty microbeads. My skin felt refreshed and gently cleansed." **Louise S**
SILVER French Clay and Lemongrass Detoxifying Body Scrub, £15, toseapothecary.co.uk
BRONZE Deep Release Cornish Sea Salt Scrub, £18.50, bloomremedies.co.uk



Bath Treat

GOLD Bubble Bath with Lemongrass, £18, sedbergh-soap.co.uk "Looked and smelled gorgeous and made lots of bubbles in bath. Left my skin smelling pleasant but not overpoweringly so." **Vicki L**
SILVER Blend of Birch Extracts for Baby Baths, £16.75, amazon.co.uk
BRONZE Fortifying Green Bath Potion, £27.50, moa.london

Soap

GOLD Wanderlust Wash Bar, £3.75, sapooni.com
SILVER Bean & Boy Baby Soap, £2.50, beanandboy.com
BRONZE Organic Pure English Peppermint Liquid Handsoap, £5.99, littlesoapcompany.co.uk



Shower Gel

GOLD Coconut Mint Body Wash, £14.92, ecotan.com.au "Slightly runny texture but I loved this mild body wash. Very subtle and pleasing scent. Great for my sensitive skin and I love that the whole family can use it." **Kerry H**
SILVER Quinoa & Calendula Shower Gel, £14.95, greenpeople.co.uk
BRONZE Fresh Ocean Hand & Body Wash, £6.75, organicsurge.com



"Nice, fresh smelling soap bar. Loved that this 5 in 1 bar is a solid shampoo bar, face/ body soap, shaving soap and laundry soap all in one. It is a fab product with great ingredients." **Laura L**



Body & Bath

Hand Cream

GOLD Sensitive Hand Cream with Lavender & Geranium, £7.50, soothe-me.com
 "Really love this. Very rich hand cream, quite a strong geranium smell." **Mary M**

SILVER Avocado Hand Therapy Cream, £13, gerlindenaturals.com

BRONZE Tisserand Aromatherapy Neroli & Sandalwood Hand Cream, £7.95, tisserand.com

Body Oil

GOLD Nathalie Bond Organics Rose Geranium and Patchouli Body Oil, £25, nathaliebond.com
 "The product was so luxurious. It smelt delicious and I couldn't stop smelling my skin when it was on. It absorbed really quickly and didn't leave any residue. My skin stayed hydrated for hours and looked much better after a few weeks of use than before!" **Kate P**

SILVER Delicate Romance Balancing Body & Massage Oil, £38, lolasapothecary.com

BRONZE Omega Rich Intensity Body oil, £35, claritycleanse.co.uk

Body Cream

GOLD Skin Salvation Intensive Moisturising Ointment, £12.99, purepotions.co.uk

SILVER Skin Food, £7.50, weleda.co.uk

BRONZE Lavender & Orange Body Butter, £19, katiecraig.co.uk

Deodorant

GOLD Native Unearthed Sage & Lavender Natural Deodorant Balm, £6.99, nativeunearthed.co.uk
 "I really liked the design of this product. It had a fresh smell to it and kept me smelling fresh all day (with a few reapplications). It felt natural and not too harsh on my skin. I didn't have to worry about chemicals or sensitive skin." **Helen B**

SILVER Moisturising Deodorant Duo, £7, purelyputipproducts.co.uk

BRONZE Love Your Pits - Natural Handmade Deodorant, £12, lotustherapieswhitstable.co.uk

"I love this product. It is suitable for eczema sufferers and other dry skin conditions so it is full of conditioning, natural ingredients that are really effective in calming skin. Leaves skin soft and conditioned. It has quite a thick, emollient consistency but absorbs quickly. I've also used it on my daughter and had similar good results." **Rebecca A**



AWARD WINNING TREAT FOR BABY BATHS



Our award winning formula with birch leaf and bud extracts, lavender and bergamot oils will create a relaxing spa time for your baby and you. Regular use of this all natural balm will help to ease irritations on delicate baby's skin and will promote growth of stronger, clean hair. Suitable for children under 3 years and older.

For more information and for shopping please visit Amazon website at: <https://www.amazon.co.uk/dp/B01CW2I4YW>

ECO BY SONYA DRIVER

The Green Parent Natural Beauty Awards 2017 GOLD

ECO BY SONYA DRIVER
ONLY ORGANIC & NATURAL INGREDIENTS
COCONUT MINT BODY WASH
SOAP FREE. SLS FREE. SYNTHETIC FREE.
Maintaining Hydrating Fresh Gentle Formula developed for the whole family. No Sulfates. No Parabens.
500ML e 16.91 fl.oz.

PROUDLY AUSTRALIAN MADE & OWNED

SKIN SALVATION DRY SKIN RANGE

also suitable for people prone to eczema, dermatitis, psoriasis and dry, itchy skin

Skin Salvation Intensive Moisturising Ointment
Gold Winner, Green Parent Awards 2017

98% of people asked agreed that Skin Salvation improved the condition of their skin*

96% of people asked said that Skin Salvation helped to relieve the itchiness associated with their dry skin*

*in a survey of over 500 people



selected products now available at:



purepotions
www.purepotions.co.uk

10% DISCOUNT
Just use code GREENPARENT

akamuti Fragrant Tranquility Bath Salts
akamuti Fragrant Tranquility Liquid Soap
akamuti Blend Flower Body Moisturiser

Award winning, natural, organic and ethical skincare - inspired by nature for healthy, happy skin.



100% natural, organic & ethical skincare

www.akamuti.co.uk | Tel: 01558 685360



BABY & ME



SHOWER GEL Delicately fragranced and 100% natural. With bubbles derived from Coconuts to gently cleanse and Organic olive to promote soft flexible skin.

BUMP OIL Nourishes stressed skin to prevent stretch marks and soothes itchy tummies. Blended from the finest organic green tea, almond, calendula & Roman chamomile oils.

20% off for readers at www.potionshop.com using code **GREENPARENT20**



Prepare for birth the natural way.



For stockists see www.naturalbirthingcompany.com



EVERYDAY PURE ORGANIC ESSENTIALS

WEAR / CARE / SLEEP / PLAY

www.naturebabystore.co.uk



Discover your inner beauty with SASKIA'S FLOWER ESSENCES



Reawaken, readjust and realign to your true being. Shift patterns, change behaviours and unlock your potential with the powerful energy of flowers.

"And the day came when the risk to remain tight in bud was more painful than the risk it took to blossom"

Single flower essences, combination essences and essence sprays held in pure delicious flower water distilled in Somerset.

Completely safe and very effective for children, animals and pregnant/nursing mothers.

Made in the same way as the Bach Flower Remedies for the last 15 years

www.saskiasfloweressences.com



Pregnancy

Nurture your body through hormonal changes with these natural treats



Pregnancy Best Buys

- 1 Motherlylove Down Below Perineum Massage oil £11.95, motherlylove.co.uk
- 2 Organic Cold Pressed Rosehip Oil, £12, conscious-skincare.com
- 3 Mum to be bump oil, £14.25, potionshop.com
- 4 Down Below Perineal Massage Oil, £15.99, naturalbirthingcompany.com
- 5 Pregnancy Body Oil 'Bump & Boobs', Evening Primrose & Shea, £16, soothe-me.com
- 6 Stretch Marks Prevention Oil, £16.95, mustela.co.uk
- 7 Belly Stretch Oil, £10.99, naturebaby.com



Bath Product

GOLD mum to be relaxing shower gel, £6.95, potionshop.com "A lovely natural shower gel that smells nice and feels great on my skin. It's hydrating and a pleasure to use! It feels nourishing on dry skin." **Petra R**
SILVER Soothing Bath Soak, £7, sedbergh-soap.co.uk



GOLD

Massage Oil/Balm

GOLD WINNERS Pomegranate & Pumpkin Seed Stretch Mark System, £45, paiskincare.com **AND** Footloose Soothing Massage Oil, £10.95 motherlylove.co.uk
SILVER Stretch Mark Massage Oil, £16.95, weleda.co.uk
BRONZE Cocoon of Bliss Stretch Mark Butter, £27.50, littlebutterflylondon.com



GOLD



"There are two products in this package. The oil is thick and feels luxurious. It goes onto the skin smoothly and doesn't run everywhere. It doesn't have a perfume and smells like oil. The cream is also quite thick and rubs smoothly into the skin. My skin felt moisturised. It is hard to know if they will prevent stretch marks since I am still pregnant but they feel very good and I would recommend this product." **Claire G**

ORGANIC ORGANYC



When most baby care brands are synthetic, Organyc products use 100% organic cotton for gentle-on-the-skin softness and super absorbency without chemicals or chlorine bleach.

Complete protection in the most natural way!



www.organyc.uk



Natural Birth

AROUND THE WORLD

Eat seaweed for postpartum health and let grandmother give the first bath

NIGERIA Although it may seem like a simple custom, the tradition of Omugwo, which simply refers to postpartum care, is incredibly valuable to many Nigerian families. In Omugwo, the grandmother gives the baby his or her first bath, if she is available. If the grandmother is not around, an aunt or close friend may step in. This small gesture shows the mother that she is not alone in childrearing, and the community of women will rally around her.

SOUTH KOREA After delivering their babies, South Korean women eat endless bowls of miyeok guk, or seaweed soup. Seaweed for



breakfast, seaweed for lunch, and seaweed for dinner. High in calcium and iodine, the dish is believed to be essential for restoring the postpartum body to full health, and its said to help stimulate milk production. It is often eaten on the anniversary of a child's birth as a sweet (or salty?) reminder of his very first day.

MALAYSIA After delivering her baby, a new mother undergoes a pantang, or confinement period lasting about 44 days. Designed to preserve the health and femininity of the mother, there's lots of pampering involved. Hot stone massages cleanse the womb and the lulur - a full-body exfoliation treatment - is given to smooth and soften the skin

TURKEY New mums in Turkey rely on a traditional drink called Lohusa Şerbeti to help get their milk supply going. Translated, the word means "post-partum sherbert." It is made with sugar, cloves and cinnamon and is served to guests who come to visit the baby as well.



Baby & Child Best Buys

- 1 Humphrey's Corner Relaxing Lavender Shampoo, £3.99, faithinnature.co.uk
- 2 Newborn Bubble Bath, £5.95, potionshop.com
- 3 ecoprincess citrus shampoo & bodywash, £11.99, organicbeautynow.com
- 4 Bubbles in the Breeze Top to Toe Wash, £19.50, littlebutterflylondon.com
- 5 Vitamin Barrier Cream, £6.95, mustela.co.uk
- 6 Soapnut Healing Salve Fragrance Free, £8.50, soapnuts.co.uk
- 7 Sweet Dreams Cream, £8.99, elixirsoflife.co.uk
- 8 Baby & Kids Soothing Body Balm, £11.95, b-organic.co.uk
- 9 Soothing Nappy Balm, £14.95, christophercourtney.co.uk
- 10 Baby Care Cream, £10, bskincare.co.uk

Beautiful

100% Natural
Beeswax Skincare

Multi-Award Winning
Handmade
www.beautiful.co.uk

**The Green Parent
Natural
BEAUTY
AWARDS 2017
GOLD**

**Beauty
AWARDS 2016
BRONZE**

Botty Balm

Beauty Awards 2014 Gold
Beauty Awards 2013 Silver
Beauty Awards 2012 Bronze

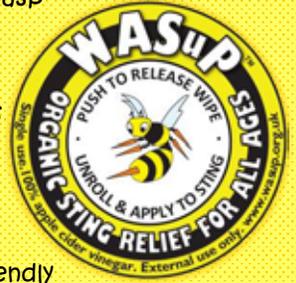
100% Natural Beeswax Skincare
S
100% Natural Beeswax Skincare
S
100% Natural Beeswax Skincare
S

- WASuP -

Forget about wasps this summer!

WASuP provides wasp sting relief and is:

- ✓ 100% organic
- ✓ Suitable for all ages
- ✓ Extremely portable
- ✓ Free from harsh chemicals
- ✓ Environmentally friendly
- Contains a biodegradable wipe and recyclable plastic container



Find out more at www.wasup.org.uk

Or on Facebook: @WASuPstings

DERMATOLOGICALLY TESTED

ORGANIC INGREDIENTS

**The Green Parent
Natural
BEAUTY
AWARDS 2017
GOLD**

ecozone
make your home an ecozone!

**The Parent Choice
Baby
AWARDS 2017
BRONZE**

ecozone
baby oil

ecozone
body wash

ecozone
baby & kids
bubble bath

ecozone
baby & kids
baby wipes

ecozone
baby & kids
hand wash

ecozone
baby & kids
shampoo

ecozone
body lotion

**MADE FOR
MUMS
AWARDS
2017
SILVER**
awarded to full range

**ecozone's award winning
baby & kids range**

natural and organic bath and skin-care made with love and free from...
parabens, SLS/SLES, PEG/PPG, silicones, palm oil



Baby & Child

The safest and best products for all the family



GOLD



Baby Wipes

GOLD Organyc Organic Cotton Baby Wipes, £4.99, pravera.co.uk "These are really thick wipes that tackle mess quickly and easily. The scent is really pleasant and the calendula and chamomile in the formula is soothing on the skin. The quality of the wipes is obvious at every use, most feel flimsy but these feel really thick and soft." **Ana-Maria G**
SILVER Storksak Organics Hand & Face Wipes, £2.95, storksak.com
BRONZE Baby Wipes, £2.49, ecozone.com

Baby Balm

GOLD Organic Baby Balm, £11, nealsyardremedies.com "A really luxurious balm in a beautiful pot. It hydrates skin well and works on myself and my baby." **Petra R**
SILVER Earth Conscious Natural Baby Balm, £6, earthconscious.co.uk
BRONZE Organic Soothing Skin Salve, £12.99, miadomskincare.com



GOLD



GOLD



Baby Oil

GOLD Pure Baby Massage Oil, £11.99, naturebaby.com
SILVER TIANA FairTrade Organics Pure Virgin Coconut Oil for Dry Skin, £7.99, tiana-coconut.com
BRONZE Sophie La Girafe Baby Oil, £14.99, selfridges.com



GOLD



Baby Lotion/ Cream

GOLD Sophie La Girafe Baby Face Cream, £11.99, selfridges.com "This is a smooth soft silky cream that applies nicely on the baby's face. My daughter seemed to enjoy trying it. It does leave the skin very soft." **Monica U**
SILVER Baby Soft Lotion, £6.50, harryandrose.com
BRONZE Loving Mother & Baby Cream, £18, pureandlightorganic.eu



Baby & Child

Nappy Cream

GOLD Botty Balm, £10.50, beautiful.co.uk "This was a thick balm that wasn't fragranced (as it shouldn't be). It applied well & helped clear up some redness on my son's bottom." **Gabrielle G**
SILVER Calendula & Lavender Nappy Balm, £9, bloomremedies.co.uk
BRONZE Baby Bottom Balm, £12, apicare.co.uk



GOLD



"Clear, fresh smelling. Skin felt soft and clean after use. Kids loved the fresh smell. I like the fact that had vegan approval and had leaping bunny stamp - not all companies have these." **Laura L**

fresh smell. I like the fact that had vegan approval and had leaping bunny stamp - not all companies have these." **Laura L**

GOLD



Bubble Bath

GOLD Bubble Bath, £5.49, ecozone.com
SILVER Green Apple Bubble Bath, £4.95, littlebathtimecompany.co.uk
BRONZE Super Bubbly Bubble Bath with Dragon Fruit Extract, £3.99, goodbubble.co.uk

Children's Shampoo

GOLD Storksak Organics Baby Wash & Shampoo, £7.95, storksak.com
SILVER Calendula Shampoo & Body Wash, £7.50, weleda.co.uk
BRONZE Foam Shampoo for Newborns, £7.95, mustela.co.uk



"This is a body and hair wash which has a lovely fragrance. It can be used directly

on skin and hair or under running water as a bubble bath. I like the versatility of the product and it produces a good amount of bubbles when used under running water (very suitable for toddlers). It is thick enough to feel expensive but has a good price tag. I would definitely recommend this product" **Claire G**



GOLD

The Green Parent

THE NATURAL PARENTING MAGAZINE



SUBSCRIBE TODAY

12 ISSUES DELIVERED TO YOUR DOOR FOR JUST £35



Visit: thegreenparent.co.uk/subscribe

tints of nature®
Simply Healthier Hair Colour™

For your happiest,
healthiest hair ever!

Don't just take our word for it...



Also winning Best Buy Awards for Seal & Shine Leave-In Conditioner, Hydrate Treatment and Sulfate Free Shampoo.

www.tintsofnature.com

Optimise your health and energy!



Researched and formulated by nutritionists with nutrients which are not usually found in a regular diet.

- Over 90% of reviews are 5 stars
- High quality, plant based nutrients
- Ingredients with proven benefits
- Free from & winners of 9 awards



Can be added to smoothies, juices & raw recipes

unbelievablehealth.com

In Holland & Barrett & on Amazon



We've won
Gold!



www.rootsandwingsorganic.com

Elixirs of Life
Natural Skin Care

Multi Award Winning

Ethical Sustainable Plant-based Ingredients

Handmade in the UK



www.elixirsoflife.co.uk



Beauty

AROUND THE WORLD

Use nettles for dry scalps and egg whites as a conditioner like the Italians

TRY THIS AT HOME

AUSTRALIA Just add a couple of drops of tea tree oil into your shampoo and you will be amazed at the difference. The tea tree oil will moisturize your scalp and prevent all that itching and flaking.

COLUMBIA Avocado is one of the top beauty secrets in Latin American countries. It's great for your face as well as your hair. How do you use avocado to enhance your hair? One of the best recipes is: Get an avocado, a banana, and a tablespoon of olive oil. Mash them all together to make a paste. Take that paste and rub it into the roots of your hair. Work it down to the



tips. Do something else for half an hour, and then get in the shower and shampoo, condition and rinse.

CROATIA Here's a great tip from Croatia for those who suffer from dandruff or a dry, itchy scalp. Croatians gather nettles from the fields and boil them in water. They then use that water to wash their hair, often skipping shampoo altogether.

ITALY Whip two egg whites (or more, depending on how long your hair is) so that they get frothy. Apply them to your hair while your hair is wet. Wait ten minutes, shampoo your hair, and rinse it all out. This will really boost the moisture content in your hair!

INDIA If you are looking for a natural conditioner, look no further than coconut oil. A little bit of this stuff goes a long ways, so all you need is around a tablespoon. Heat it up so that it turns into a liquid, and then massage it onto your head. The coconut oil will promote circulation in your scalp, which will help to bring nutrients to your hair follicles. This in turn will make your hair grow faster!

Haircare Best Buys

- 1 Honey & Oat with Manuka Essential Oil Sulphate Free Shampoo, £14.50, soapnskin.com
- 2 PHB Restoring Shampoo, £12.35, phbethicalbeauty.co.uk
- 3 Ylang Ylang, Argan and Rosemary Reviving Conditioner, £5.94, aaskincare.co.uk
- 4 Seal and Shine Leave-In Conditioner, £6.98, tintsofnature.com
- 5 Hydrate Shampoo, £6.98, tintsofnature.com
- 6 Sulfate-Free Shampoo, £6.98, tintsofnature.com





Haircare

Nourish your locks with these winning products

Styling Product

GOLD Structure Treatment, £7.99, tintsofnature.com
 "I have an unruly mane but this tamed my tresses. Left it frizz free and manageable."
Abbie G
SILVER pure glam volume root powder, £26.99, organicbeauty.com
now.com



"This is a product I wish I had found sooner. The smell, texture... everything is perfect. It has helped to restore my dull, dry hair and has made it smooth with less frizz. Its improved the overall condition of my hair only after a few days of using it." **Holly J**



Hair Treat

GOLD Hydrate Treatment, £8.99, tintsofnature.com
SILVER Amla Hair Remedy, £27, alchemyoils.co.uk
BRONZE Herbal Hair & Scalp Oil, £29.99, samolherbal.com

Shampoo

GOLD Shampoo for Dry Hair, £9.99, elixirsoftlife.co.uk
 "The shampoo smells really fresh and appealing. It lathers up really nicely in my hair, despite not containing SLS. It doesn't irritate the eczema on my hands when washing my hair. After washing my hair smells gorgeous and looks full, silky and healthy. I love it!" **Elizabeth C**
SILVER Peony, Bay and Brahmi Nourishing Shampoo, £5.94, askincare.co.uk
BRONZE Lemongrass Shampoo, £9.99, sedbergh-soap.co.uk



Conditioner

GOLD Coconut, Almond, Aloe Vera & Jojoba with Ylang Ylang Conditioner, £5.99, rootsandwingsorganic.com
 "Smells lovely and made my hair feel lovely and soft. Don't need too much." **Laura B**
SILVER Prima Spremitura Restoring Hair Conditioner £11.50, simplynaturale.co.uk
BRONZE Argan & Amlaki Conditioner, £12, fushi.co.uk



SIMPLY
naturale



Our award winning Prima Spremitura Restoring Hair Conditioner provides the perfect balanced natural hair care treatment.



The gentle rich formulation with added Organic Tuscan PGI Extra Virgin Oil provides complete nourishment and restores softness and volume to all types of hair.

www.simplynaturale.co.uk

LOVE NATURE,
LOVE YOUR FAMILY,
LOVE ORGANIC



ORGANICALLY
EPIC



We have all of your green family needs covered with our ethical, sustainable, one of a kind, organic & natural products from around the world

WWW.ORGANICALLYEPIC.UK



Natural
beauty & haircare

20% OFF

code for first order: **GP20**

www.aaskincare.co.uk

Tel: 0117 9047212



skinade.com



Beautiful skin from the inside



We all know the importance of looking after our skin on the outside. To achieve your perfect complexion, you must also support your skin from within.

Discover skinade® – the skincare drink that nourishes the skin from the inside for beautiful skin on the outside.

Available from skincare professionals only.
To find a stockist go to skinade.com

To become a stockist, please call us on
08451 300 205 or email info@skinade.co.uk

skinade 

better skin from within



NO 1 PROFESSIONAL
SKINCARE DRINK IN THE UK



Sun, Scent, Teeth & Supplements

Protect your skin, keep teeth
clena and smell fabulous

Sun Protection

GOLD Bare Republic Natural Mineral Sport Sunscreen SPF 50, £17, biggreensmile.com "I love this product! I love that it is all natural, not greasy, has a lovely subtle fragrance to it and is easy to apply. It worked effectively to protect my little ones' skin and I felt confident using it knowing it was PETA approved and with no chemicals and harsh fragrances used. We reapplied every two hours as instructed and had no problems." **Helen B SILVER** Organii SPF 50 Fragrance Free Sun Milk, £19.90 pravera.co.uk
BRONZE Natural Sun Screen SPF 30, £25, odylique.co.uk



Perfume

GOLD Akamuti Flower Power Aromatic Roll On, £5.95, akamuti.co.uk "This has the most am amazing floral scent, which I found calming and soothing. I kept this in my hand bag and applied to pulse points when I need a little pick me up." **Hayley C SILVER** Aromasoar Solid Organic Perfume, £17.50, zingorganics.co.uk
BRONZE Jardin de Vie 'Onagre' fragrance, £19.95, weleda.co.uk

GOLD



Supplements

GOLD Yllume Ultimate Illuminating Complex Skin Supplement, £33.50, yllume.co.uk "I took one of these tablets once a day and noticed my skin was much more clear and my redness was reduced. My skin was also brighter and had a pretty glow." **Hayley C SILVER** Bee Prepared daily defence immune formula £9.99, hollandandbarrett.com
BRONZE Skinned (Bottled Science), £105 (for 30 days), skinade.com

GOLD



Toothpaste

GOLD Dr Bronner's All-One Toothpaste, £6.49, drbronner.co.uk "The smell of this was pleasant, but the texture and experience was different from 'normal' toothpastes. It doesn't really lather which took a little bit of getting used to, but left teeth feeling clean and smooth." **Jen G SILVER** Children's Tooth Gel, £3.75, weleda.co.uk
BRONZE PearlBar's Planet Loving Charcoal Infused Toothbrush, £7.49, organicallyepic.uk



After Sun

GOLD No Bite Butter Bar, £14, thebalmboutique.co.uk "Fab product which really soothed and healed tight, red skin that had had too much sun. Thoroughly recommend." **Hannah D SILVER** All Over Lotion, £12.99, sedbergh-soap.co.uk





Editor's Picks

These are the products that I have chosen from this year's awards



6 Bath & Shower Oil with Geranium, Cypress & Lavender, £30, therosetree.co.uk
I love an indulgent bath treat and this delicious product ticks all the boxes.

7 Little Miracle Rosehip Serum, £14.50, balmalm.com
A super effective rich blend of rosehip, jojoba and borage oils scented with frankincense and mandarin gives the perfect uplift



1 Antioxidant Youthful Essence, £42, henrytianus.com
This contains Goji Berry and Pomegranate Seed Oil and is nourishing and soothing for tired skin

2 Pink Lotus & Jasmine Facial Elixir, £29.31, organicbotanics.com
This has long been one of my favourite facial treats - the scent is divine.



3 SILVERGEL, £16.95, colloidal-silverplus.co.uk
I used this balm to treat a patch of dry skin - it had a magic effect - hydrating and moisturising.



8 Clarifyng Lotion, £19.99, skin-genius.co.uk
I really liked the gel like formula of this product. I used it as a cleanser and got really good results.



9 Exfoliating & Conditioning Cleanser, £36, ooskincare.com
This magical cleanser is a real pleasure to use in its beautiful glass bottle and fabulous scent



10 Rosehip & Camellia Day Cream, £17.50, whiterabbit-skincare.co.uk
Lovely delicate smell and very easy to use - left my skin feeling soft and well cared for!

4 Aura Clean Deodorant, £12.99, awakeorganics.co.uk
Clean ingredients, beautiful packaging and at long last a totally effective natural deodorant



5 Divine Blend Treatment Oil, £38, blue-labbe.co.uk
I like that this product has multiple uses - I've been using as a body oil and have fallen in love with the scent.



★★★★★
THE WORLD'S PREMIER

TIANA®

FAIRTRADE ORGANICS

FROM TIANA BEAUTY
SENSATION RANGE

Pure VIRGIN COCONUT OIL

ESSENTIAL FOR DRY SKIN

The Baby Award on
BEST "EVERYTHING BABY BALM"



Nature's purest treasures®

GET THE BEST FOR YOUR BABY!

TIANA Fairtrade Organic Pure Virgin Coconut TLC is your baby's ideal balm. 100% Pure, it provides non-irritating, anti-septic and anti-oxidant properties that are excellent for softening baby's sensitive skin to relieve dryness and baby's rashes.

Petroleum free and rich in Lauric acid with the highest antibacterial, anti-viral properties that are essential for your baby's skin health. No grease spots will appear on your baby's clothing, unlike mineral oil or petroleum based creams which remain greasy.

Free from toxic chemicals, preservatives, additives such as penetration enhancers and colourings TIANA Pure Virgin Coconut TLC guarantee the total skin moisturising and nourishment that is why it is the BEST NATURAL AND ORGANIC BALM FOR YOUR BABY'S SKIN.

For further information visit
www.tiana-coconut.com



dr.organic®

Bioactive Skincare

Skin Clear

ULTIMATE CLEANSE

NEW



VISIBLY CLEARER SKIN - DEEPLY CLEANSED AND PURIFIED

Skin Clear 5 in 1 provides a truly ground-breaking regime ideal for those with problem skin. This range boasts a wealth of natural AHAs (Fruit Acids) and Salicylic Acid alongside a unique proprietary blend of bioactive, organic and natural extracts - such as soothing Willow Bark extract. Revitalising, refreshing and dermatologically-tested across the board - regular use can help calm areas of redness while helping to reduce pores. The result is visibly clearer skin - deeply cleansed and purified.



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

www.drorganic.co.uk