



EDIBLE BEAUTY
AUSTRALIA

THE ULTIMATE GUIDE TO TOXIN-FREE BEAUTY

**EVERYTHING YOU NEED TO KNOW TO
ACHIEVE GLOWING SKIN, NATURALLY**

BY ANNA MITSIOS AND LIV LUNDELIUS

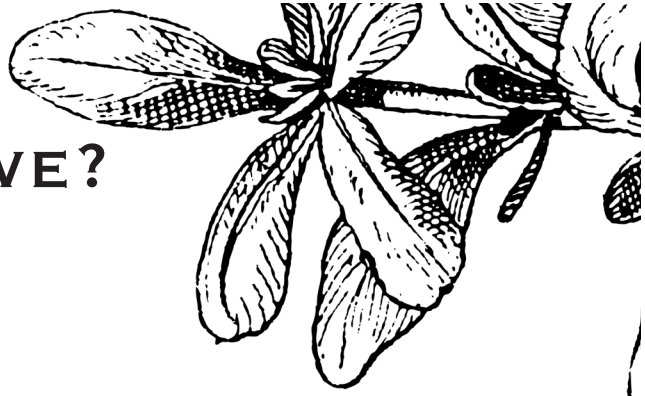
ARE YOU READY FOR A TOXIN-FREE GLOW?

We have changed our food, skincare and beauty routines from conventional products to safe, toxin-free, yet high-performance and wonderfully luxurious beauty foods for our skin on the inside and out. The results have been amazing! We would love to help you do the same. We have written this guide to provide you with a kick-start. In this booklet you will find some handy lists and important information on achieving beautiful and radiant health and vitality, on the inside and out.

Are you ready for a truly luxurious and effective beauty routine that works with and not against your body? Beauty should be fun and we all deserve to be beautiful and healthy. There are so many amazing safe beauty products waiting to be discovered. We hope you will be inspired to change your beauty routine for an ethereal inside-out glow. You deserve it.



WHO ARE WE?



LIV LUNDELIUS



Liv has grown and developed her skills as an international makeup artist, stemming from a rich and strong fashion background. Always interested by the vibrancy of different cultures, fashion and art, her work has taken her from Berlin, to London and New York for many years before moving to Sydney.

She is known to create flawless makeup and glowing skin. Now known as a green beauty expert and natural makeup artist, she has made it her mission to use and work with only truly beautiful and luxurious products made from clean, non-toxic and valuable ingredients that results in beauty, health skin and body.

As a professional in her field, Liv sees it her responsibility to lead a healthy lifestyle and promote beauty products that won't compromise your health. She shows with her work that true beauty comes without side effects and that organic products can deliver the ultimate professional result.

Website: www.makeup.livlundelius.com/

Instagram: [liv_lundelius](https://www.instagram.com/liv_lundelius)

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ANNA MITSIOS



As a naturopath, Anna is a strong believer in the incredible power of herbs and natural foods to transform, nourish and revitalise our lives. Anna's focus is on the importance of using nutrition and natural products to promote vibrance and vitality. Anna's love of herbal and natural ingredients led her to create Edible Beauty Australia; a luxurious, botanical product range including skincare and beauty teas.

Anna is committed to creating products founded on naturopathic philosophies, using exotic, natural and certified organic ingredients and encouraging her clients and people who use her skin care to nourish their skin, from the inside out. Anna firmly believes that we can all be our most beautiful by nurturing our body, mind and soul.

Website: www.ediblebeautyaustralia.com

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RECONSIDER YOUR SKINCARE AND MAKEUP

1 Knowledge Is power

- We are absorbing up to 5 pounds of toxic chemicals accumulate via our skin every year.
- The Environmental Working Group (EWG) reveals that more than 25% of women use at least 15 products daily that could contain toxins and carcinogens. Daily this amounts to 515 different chemicals on our bodies every single day.
- Of the 10,500 ingredients used in your personal care products only 13% of them have been reviewed for safety in the last 30 years.

2 You are absorbing your personal care products

- The skin, being the largest organ of the body is permeable.
- It absorbs between 60% to 100% of the products that we place on it.
- It takes 26 seconds for cosmetics to be absorbed into the skin. This is much in the same way as medication patches applied to the skin effectively deliver drugs directly into the blood.
- When these chemicals are mixed together, the effect could be much greater than the sum of the individual parts.
- Toxins in our beauty products not only create internal hormonal imbalances, they also irritate our skin and disrupt the delicate acid mantle on the skin.

3 Our unborn babies

- Babies in the womb are absorbing what we put on our skin.
- A study screening for more than 400 chemicals, showed 287 toxins detected within the umbilical cord blood of newborns. Of these 287 toxins, 217 were neurotoxins, and 208 are known to damage growth development or cause birth defects.
- The toxins included BPAs and synthetic fragrances found in skincare, cosmetics and personal care products.

4 **Hormone imbalance and cancer**

- Toxins found in our skincare mimic natural hormones, creating endocrine disruption and hormonal imbalance. Termed xenoestrogens, they have the ability to bind to our oestrogen receptor sites, disrupting endocrine balance. Long-term exposure creates an overabundance of oestrogen in the body which is stored in fat cells, as the body is unable to metabolise and excrete it at the same rate of exposure.
- Fertility problems linked to excess oestrogen include early onset of puberty and menstruation in young girls, endometriosis, uterine fibroids, ovarian cysts, PCOS, breast cancer and low progesterone levels. For men, excess oestrogen can cause hormonal imbalances with testosterone, low sperm count and poor sperm health.
- One of the key ingredients commonly found in skin care products are perfluorinated chemicals, better known as PFCs. Their inclusion is to improve the absorption of skincare and lotions. Contact with these PFCs has been attributed to causing a variety of infertility issues. Women with higher-than-normal levels of PFCs have a 60-154% higher risk of infertility than those who have normal levels and a 16 times great risk of miscarriage.
- Parabens are used extensively as a preservatives in moisturisers, body wash, shampoo, conditioner, shave gel, and facial cleansers. About 85% of cosmetics have them – anywhere there is water you are likely to find a paraben.
- A 2002 study reported in the Natural Medicine Journal found that parabens can act like oestrogen at the strength necessary to cause breast cancer cells to grow. These chemicals are absorbed through the skin and have been known to bio-accumulate. They have been identified in biopsy samples from breast tumours.

5 **The planet**

- Using natural products is better for the environment.
- Our personal care products go down the sewer and into the landfill, polluting our air and water. By choosing green products you can help keep our water and air clean.
- Most green beauty products are also packaged innovatively, using recyclable and environmentally sustainable packaging.



6 Our animals

- Consider yourself an animal lover? Most people are unaware that many conventional beauty products are still tested on animals. Look out for the leaping bunny logo, the certified cruelty-free logo or check if the company is listed with PETA.
- Many large companies pay labs to do the testing on their behalf so their products are still tested on animals. Animal testing is cruel and unnecessary, so don't support it by buying from these brands.
- Opt for vegan options whenever possible.

7 Your beauty

- Whilst you may be led to believe that conventional skincare and makeup will help you to combat ageing and enhance your glow, in the long-term toxins in your skincare will in fact rob you of your radiance and beauty by increasing UV sensitivity, changing your skin's pH and acid mantle, dehydrating your skin and increasing free radical damage.
- Using pure, "edible" skincare and toxin-free makeup nourishes your skin, protects it from UV rays, works with your skin's natural pH and allows your natural beauty and radiance to shine through.

HOW TO AVOID TOXINS IN YOUR MAKEUP AND SKINCARE

Please don't be overwhelmed with all the details for now. It's good to have as much information as possible, yet you can follow a few easy-peasy tricks to check skincare and cosmetic labels quickly for any nasties.

- Always scan the top section first. If you find any of the below nasties at the top, you can pop the product back on the shelf. You often find petrochemicals and sulphates on top of the list.
- Do all the first few ingredients sound good and clean to you? Then check the last few at the very bottom of the ingredient list, this usually is where you find the preservatives as well as fragrance.
- Scan for any paraben ingredients or other nasties. If you get used to a quick top and bottom check you save time, by not having to look up each and every ingredient.



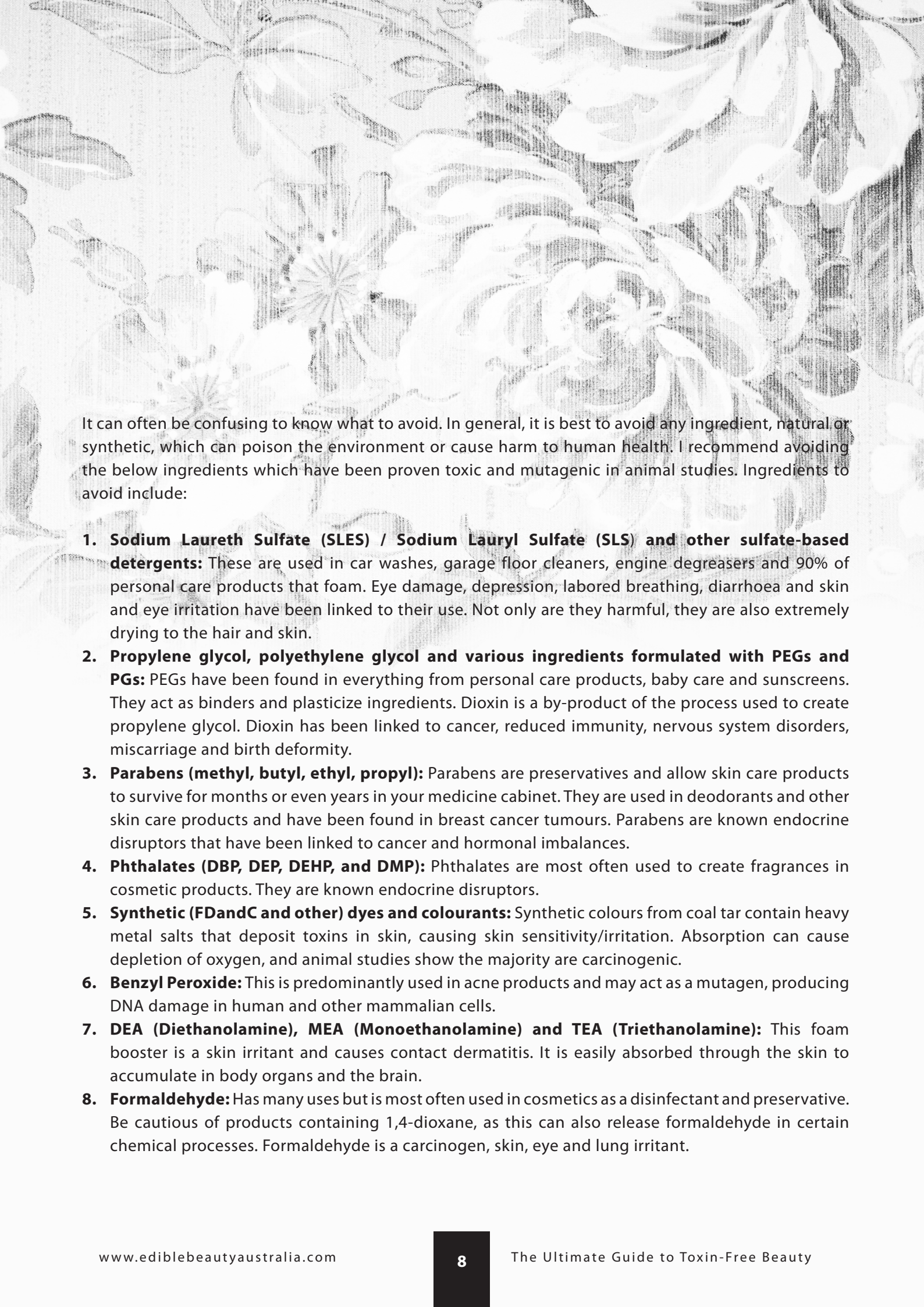


When it comes to skincare, we go by the “edible” standard. If it is not good enough to eat, then we recommend you think twice about putting it on your skin. Edible Beauty Australia avoids the following ingredients in all product formulations:

Aluminium
Artificial fragrances
Benzoic acid
Benzyl alcohol
BPAS
Coal Tar
DEA
Diethanolamine
Dimethicone
Ethoxylated surfacants
Ethylparaben
EDTAs

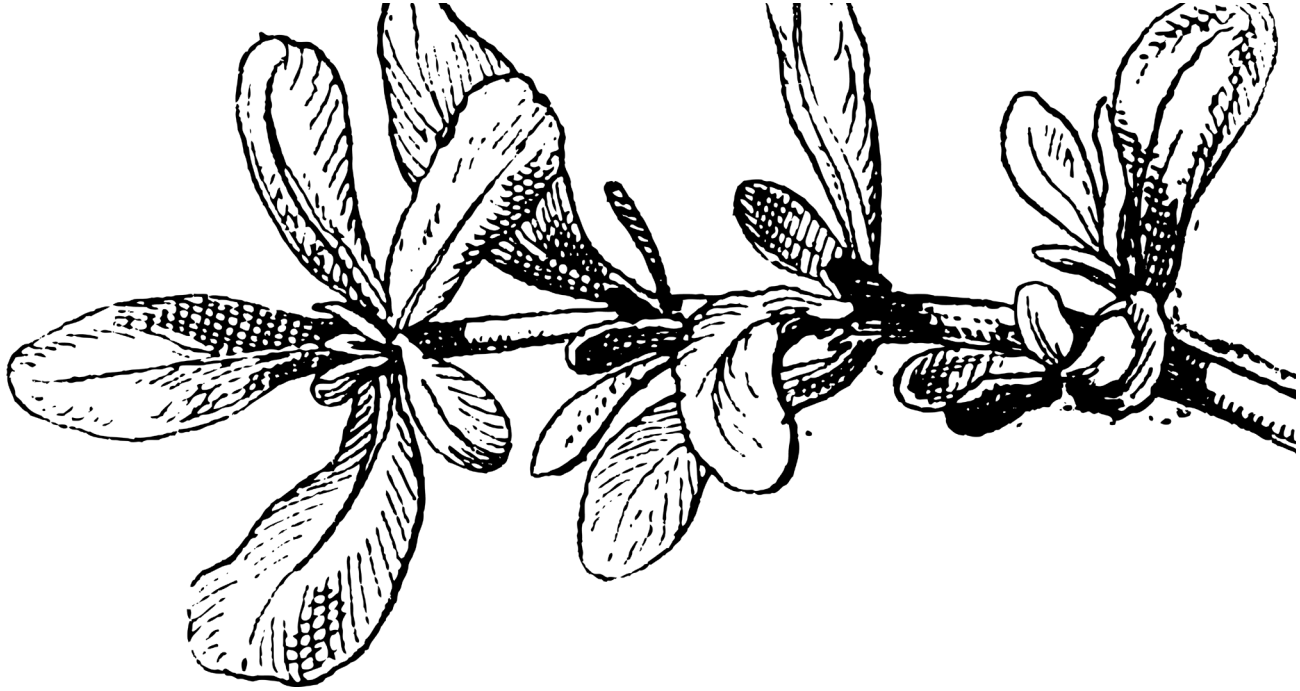
Ethylparaben
Formaldehyde
Lead
Mercury
Monoethanolamine
Methanone
Methyl parabens
Mineral oils
Oxomethan
Parabens
Petrochemicals
Phthalates

Ethylparaben
Formaldehyde
Lead
Mercury
Monoethanolamine
Methanone
Methyl parabens
Mineral oils
Oxomethan
Parabens
Petrochemicals
Phthalates



It can often be confusing to know what to avoid. In general, it is best to avoid any ingredient, natural or synthetic, which can poison the environment or cause harm to human health. I recommend avoiding the below ingredients which have been proven toxic and mutagenic in animal studies. Ingredients to avoid include:

- 1. Sodium Laureth Sulfate (SLES) / Sodium Lauryl Sulfate (SLS) and other sulfate-based detergents:** These are used in car washes, garage floor cleaners, engine degreasers and 90% of personal care products that foam. Eye damage, depression, labored breathing, diarrhoea and skin and eye irritation have been linked to their use. Not only are they harmful, they are also extremely drying to the hair and skin.
- 2. Propylene glycol, polyethylene glycol and various ingredients formulated with PEGs and PGs:** PEGs have been found in everything from personal care products, baby care and sunscreens. They act as binders and plasticize ingredients. Dioxin is a by-product of the process used to create propylene glycol. Dioxin has been linked to cancer, reduced immunity, nervous system disorders, miscarriage and birth deformity.
- 3. Parabens (methyl, butyl, ethyl, propyl):** Parabens are preservatives and allow skin care products to survive for months or even years in your medicine cabinet. They are used in deodorants and other skin care products and have been found in breast cancer tumours. Parabens are known endocrine disruptors that have been linked to cancer and hormonal imbalances.
- 4. Phthalates (DBP, DEP, DEHP, and DMP):** Phthalates are most often used to create fragrances in cosmetic products. They are known endocrine disruptors.
- 5. Synthetic (FDandC and other) dyes and colourants:** Synthetic colours from coal tar contain heavy metal salts that deposit toxins in skin, causing skin sensitivity/irritation. Absorption can cause depletion of oxygen, and animal studies show the majority are carcinogenic.
- 6. Benzyl Peroxide:** This is predominantly used in acne products and may act as a mutagen, producing DNA damage in human and other mammalian cells.
- 7. DEA (Diethanolamine), MEA (Monoethanolamine) and TEA (Triethanolamine):** This foam booster is a skin irritant and causes contact dermatitis. It is easily absorbed through the skin to accumulate in body organs and the brain.
- 8. Formaldehyde:** Has many uses but is most often used in cosmetics as a disinfectant and preservative. Be cautious of products containing 1,4-dioxane, as this can also release formaldehyde in certain chemical processes. Formaldehyde is a carcinogen, skin, eye and lung irritant.



YOUR GUIDE TO GOING TOXIN-FREE

1 Step by step

Don't feel like you have to throw away everything you own, just because you have finally learned how to decode the ingredient list of your favourite beauty products. Replace products as you use them up. Replace products that you use daily and on wide areas of your face/body (body lotion/moisturiser/foundation) first, while small products that you only use on special occasion (bright lip colour, eyeliner etc.) can wait a little longer. This way you won't break the bank either. If you have babies or children replace their products pronto!

2 Samples are your best friend

Everyone's skin is different. What works wonders for one, does not suit another. You will always have to try products for yourself. Especially when it comes to changing your skincare and foundation, it's a good idea to try before you buy. Most companies are happy to provide samples either free or for a small fee. You can save yourself a lot of \$\$\$ and hassle by sampling.

3 Research, research, research!

It is always helpful to read reviews online (but keep in mind everyone is different so you do need to try things for yourself to know if it is right for you). You can get a general idea of the strengths and weaknesses of a product and also read through the ingredients. Try to only research one product group at a time, to not get overwhelmed. There are many great online stores that have selected products that are safe and truly natural. Many cities have exclusive green beauty stores as well with experts who can help guide you to make the right choices.

4 **Don't give up**

Just because you have tried a natural product and it has not worked for you, or you even got an allergic reaction or had any other bad experience: do not give up on it altogether. I am under no illusion that there are many natural beauty products out there that are simply not great. This is the same for conventional products. It sometimes takes some time to find the perfect product that you love to the moon and back. I had to try several natural deodorants and had many bad experiences before I found "the one". The same goes for finding the right foundation. There are many incredible products out there and it's worth looking for them!

5 **Share and treat your feet**

All your efforts aside, sometimes you end up with a new beautiful product that just isn't right for you. If you did buy a product that you did not like, do not throw it away! Unless you have an allergic reaction you can still use most products for a different purpose. I regularly use up face products on my body. If a face cream or oil is too rich use it on my hands/feet or hair. A real treat! A shampoo or body wash that you don't like might work well as hand wash or you could use it to clean your makeup brushes?

Also have a think: is there anyone else that would like it? My man keeps using up products that don't work for me, as his skin is not as sensitive as mine. You might have a friend or relative that loves the product.

6 **Beware of greenwashing**

Last but not least, there is also a lot of "greenwashing" going on. This means that many companies try to market their products to be natural or organic and use misleading terms to make you think that their products are natural, when really they are not at all. You can avoid this trap by knowing your ingredients, looking for trustworthy certifications or buying from stores that you trust.

RESOURCE GUIDE

- The Environmental Working Group, EWG is an independent group which provides a helpful website and app (Think Dirty) which scores many well-known skincare and makeup brands. It also scores the safety of many personal care ingredients so is a great starting point if you are just becoming familiar with natural beauty and cosmetic ingredients.
- Other good resources are usually health food shops or specialist natural cosmetic online stores.
- While green beauty has become a huge trend and most department stores and luxury cosmetic retailers do stock some natural brands, it is much harder to find what you are looking for, especially in the beginning.
- If you start out by shopping with natural beauty specialists, you can rest assured that they have done most of the research work already for you and that the products they stock are truly free of nasties.
- Always do your own quick ingredient list check or check the credentials of the store before buying.
- There are new stores opening up all the time, so please keep your eyes peeled and add to your list.

Below are some good online resources:

- Environmental Working Group, EWG
- Liv Lundelius Makeup
- Edible Beauty Australia
- Nourished Life (Australia's Strictest Toxin Free Beauty Store)
- I Am Natural Store
- Eve's Organics
- Beautiful Because
- The V Spot





YOUR INSIDE GUIDE TO A TOXIN-FREE GLOW

Glowing skin comes from within!

Can you think of a time when you were stressed, not sleeping, eating poorly or not eating at all? What did your skin look like? The skin is like an X-RAY! It is a wonderful tool to show the internal state of the body. We can cover up skin issues with makeup, medication, steroids and antibiotics but none of these address the underlying problems that are causing it. These “band aid” methods simply suppress the body’s natural repair and defence mechanisms. When we enhance the skin from the inside out, we can have gorgeous, glowing skin that goes hand-in-hand with true health and vitality.



The below is a very basic three step guide to creating the foundation for a healthy inner and outer glow.

1. Avoid foods that cause inflammation, including sugar, dairy, processed foods and highly acidic foods

- The no. 1 food trigger to steer clear of is sugar. It is highly addictive, impacts your immune system and impacts our internal PH. It is detrimental to our skin health as it increases our blood sugar levels, which in turn increases insulin production which stimulates excess sebum production leading to acne and breakouts.
- Sugar accelerates ageing. Sugar in the bloodstream can attach to form advanced glycation products (AGEs). AGEs accumulate on elastin and collagen which ultimately causes them to harden and creates wrinkles and other signs of skin ageing.
- Replace sugar with stevia and enjoy natural, low GI fruits and raw pure foods to combat sugar cravings.



2. Nourish your skin on the inside

Eat to Glow Mantra:

"I feed my healthy, glowing skin from the inside out."

ANTIOXIDANTS

Nourish your skin with antioxidant rich foods every day. They perform three roles:

- Prevent collage breakdown and prevent UV damage.
- Encourage collagen synthesis.
- Encourage cellular repair and healing.

Our favourite ways to boost antioxidant consumption include:

- Green Tea and White Tea - 1 cup contains over 50 mg of catechins with antioxidant effect greater than one serve of broccoli, spinach or carrots. Having 3 cups a day has been linked to having longer telomeres and shaving off five years from your age.
- Kale – 1 cup contains 206% of your recommended daily intake of vitamin A from beta-carotene and 136% your recommend daily intake of vitamin C.
- Berries- Acai, Macqui Macqui, Kakdau Plum, Blackberries and Blueberries are all loaded with vitamin C.
- Pomegranate – Pomegranate – Rich in vitamin C and polyphenols, pomegranates have also been shown to have more antioxidants than red wine!
- Papaya - Rich in vitamin C (144% your recommended daily intake), vitamin E, enzymes and carotenoids.
- Kiwi fruit – One kiwi fruit provides 200% of your recommended daily intake of vitamin C, it is also an unusual source of vitamin E and is high in fibre.
- Sweet Potato – An incredible source of vitamin A, providing 769% your recommended daily intake per serve. Add some fat to your sweet potato to boost the absorption of vitamin A.

ESSENTIAL FATTY ACIDS

Increasing essential fatty acids in your diet has been proven to:

- Reduce skin damage caused by UV sunlight.
- Reduce the inflammatory response associated with acne.
- Promote more youthful skin and lower the incidence of dry skin and skin thinning.
- Reduce symptoms associated with sensitive skin including redness and inflammation.

Our favourite essential fatty acids include:

- Hemp Seeds and Walnuts - Wonderful sources of omega-3s. Have a handful of each daily. Sprinkle them on your salads, blend up in smoothies and add to homemade trail mix.
- Flaxseed Oil - Rich in fatty acids which nourish and hydrate the skin. Aim for one tablespoon daily in salad dressings or smoothies. Ensure that you are buying a fresh source of flaxseed oil that has been refrigerated. This oil should not be heated. A ½ teaspoon of the oil taken for 12 weeks has been shown to boost hydration by 39%.
- Avocado - A powerhouse of nutrients. Research shows oleic acid found in the humble avocado can mobilise and increase collagen.

COLLAGEN-BOOSTING FOODS

The key components of collagen include:

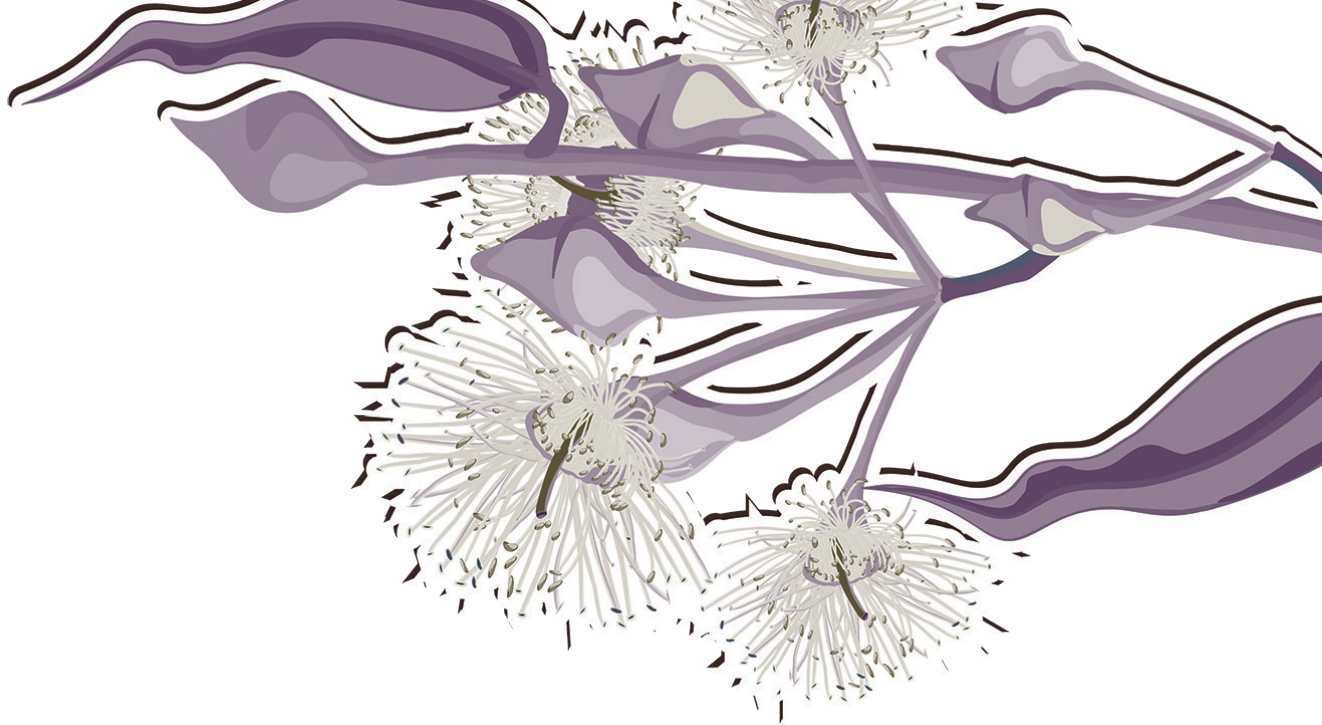
- Vitamin C and the amino acids glycine, proline, lysine.
- Proline, derived from glutamate and present in cabbage and soy beans.
- Lysine, an essential amino acid found in soy beans, nuts and seeds.
- Glycine, derived from serine and threonine and found in cabbage, kale, kiwi fruits and soy beans.
- Sulfur, this holds collagen fibres together and is found in garlic and onions.

One third of protein consumed is used by our bodies to create healthy skin so aim for 45-50 grams of protein each day to provide the amino acids you need for healthy collagen production.

Our favourite ways to increase collagen-boosting foods include:

- Edamame and Legumes – These foods contain an abundance of proline, lysine, glycine, building blocks of collagen. Soak them before cooking and add them to salads, soups and stews or make delicious bean dips with them. One cup of beans contains 117% of the recommended daily intake lysine. We especially love lentils and chickpeas!
 - Cabbage, Kale and Broccoli - Rich sources of sulfur, glycine, lysine and proline. Aim to have a cup or two of sulfur containing veggies daily. They are also wonderful for promoting liver health.
 - Kiwi fruit and Red Capsicum - Contain an abundance of vitamin C and glycine.
 - Garlic and Onion - Also rich in sulfur as well as being anti-microbial.
- Cooking with them is a delicious way to add flavour to meals daily.





3. Enhance digestion and detoxification

The gut and skin axis are intricately linked. A healthy gut ensures you are absorbing beauty-giving nutrients in food you are eating, reduces inflammation, which affects the integrity of the skin, and ensures hormone levels are kept in check.

Our favourite digestion enhancing and gut friendly tips are:

- Take 1 tablespoon of apple cider vinegar in warm water before dinner. This promotes the production of hydrochloric acid to aid digestion and absorption of nutrients.
- Increase your intake of fermented foods such as kefir and sauerkraut. Fermented foods support healthy probiotics and improve digestive capacity. Caution, if you are suffering from gut health issues it is best to correct these before introducing fermented foods. If introducing for the first time, start off slowly. E.g. Start with one teaspoon of sauerkraut with dinner and increase gradually over 1 month until you are having 2 tablespoons daily. Start with 1 teaspoon of kefir daily and build to 30mls daily over a month
- Consider supplementing with high quality probiotics if your skin issues are chronic. Take probiotic strains specific to your symptoms e.g. *Lactobacillus rhamnosus* is a probiotic strain specific to eczema and *Saccharomyces Boulardii* is specific to yeast infections/rashes and histamine reactions. If mood, stress and anxiety are impacting your skin health look for the strains *Lactobacillus helveticus* R0052 and *Bifidobacterium longum*.
- Have at least two serves a day of carrots, beetroot, cabbage, nuts and seeds. These are prebiotic rich foods which feed the good bacteria in the bowel and ensure good bacteria is flourishing.
- Practice food combining where possible. This is as simple as eating fruit on an empty stomach and not eating starchy foods (e.g. potatoes, pumpkin, grains) in the same meal as protein based foods (e.g. legumes, eggs and animal protein if you are eating this). Food combining takes the load off the digestive system and facilitates healthy absorption of food.

The liver is one of the key players in dictating the health of the skin. A healthy liver ensures hormones and toxins are being removed from the body effectively, preventing them recirculating into the body and

being excreted via the skin (in the form of rashes, bumps or pimples) or resulting in an overproduction of sebum which is often the case when there is extra oestrogen or testosterone circulating in the body.

Our favourite liver enhancing tips include:

- Squeeze of ¼ lemon in 30-50mls warm water first thing in the morning. This stimulates bile flow which in turn kick starts digestion for the day.
- Aim to have 2 to 3 cups of cruciferous vegetables daily - broccoli, cabbage, cauliflower, Asian greens (steamed, lightly stir fried) Sulfurophane found in these veggies boosts liver's ability to clear chemicals from the body and protects cells from oxidative stress.
- Have two tablespoons of flaxseed meal daily. This helps to clear excess oestrogen.

Avoid the following foods to lighten the load on the liver and enhance your body's detoxification processes:

- Sugar. White sugar as well as honey, dried fruit, etc. promote insulin production which in turn increases sebum production contributing to acne and inflamed skin. Fresh low GI fruit is a great alternative.
- Dairy. Milk and its products, including cheese, butter, yoghurt etc. are foods which have been shown to also promote insulin production, exacerbating acne breakouts.
- Yeast. This is essential if you suffer from redness, histamine intolerance, rosacea or intestinal dysbiosis. Yeast is found in dressings, balsamic vinegar, most alcohol, aged cheeses, soy sauce, commercial bread/pastries, crackers, mushrooms. Yeast can also in some people promote bowel dysbiosis, which may be causing a leaky gut and histamine intolerance which is linked to rosacea. Eliminating yeast reduces this tendency.



YOUR OUTSIDE GUIDE A TOXIN-FREE GLOW



1. Feed your skin on the outside

- While the skin is our body's largest organ, it is also the least vital in terms of nutrient supply. As our bodies were intelligently designed, studies show that nutrients absorbed internally are provided first to the most vital organs (heart, liver, brain, etc.) making our skin the last to receive these vitamins and minerals.
- Therefore we must provide these nutrients both internally and topically in the form of:
 - Antioxidants.
 - Anti-Inflammatory Botanicals.
 - Essential Fatty Acids.

2. Pay attention to your skincare

- Look for skincare which provides an abundance of wildcrafted botanicals along with key skin vitamins such as Vitamin B, C and E and essential fatty acids.
- Some of our favourite antioxidant rich botanicals include Kakadu Plum, Snowflower Seed, Desert Lime and Davidson Plum. University studies show that these Australian natives are abundant in antioxidants (flavonols and glycosides) along with vitamins C and E and have the ability to restore skin elasticity, hydration and improve skin cell turnover. Skin food rich in essential fatty acids such as Camellia Seed, Jojoba Seed, Shea Butter and Prickly Pear Seed are our favourite ingredients for improving skin firmness and elasticity.

3. Address stress

- The mind and skin are closely connected. Skin conditions such as acne, rosacea, psoriasis and even premature ageing have all been shown to be triggered by stress.
- Reducing high levels of the stress hormone cortisol can reduce insulin production which in turn reduces the over production of sebum/acne.
- Many nerve endings are also connected to our skin and other organs.
- Don't sweat the small stuff - 85% of what we worry about never happens!



Our favourite stress busters include:

- A good night's sleep. Having at least 7-8 hours of quality sleep, especially that before midnight, is the key to restoring the body's natural detoxification cycle and hormone levels. Do not underestimate the importance of a good night's sleep. Herbs such as Chamomile and Passionflower are wonderful for enhancing the body's production of GABA which promotes relaxation and sleep. These can be found in our No.3 Sleeping Beauty Tea.
- Take time out of the day for "away from screen time." Meditation, yoga, reading and exercise all nourish the nervous system and reduce the body's stress response.
- If you find it particularly difficult to unwind some of our favourite herbs and supplements to reduce stress include: Magnesium, L-theanine, Withania (Ashwaganda), Rhodiola, Passionflower, Lemon Balm. Speak to a qualified practitioner about how to take these as supplements

4. Reconsider your makeup

Switching to natural makeup can be a little more involved than making the switch to natural skincare. Finding the right foundation is often the biggest challenge. It need not be with a few simple steps. Once you find the perfect foundation, finding perfect eye makeup, mascara and lipstick can be easy. To find a natural foundation, use the following guide:

- Determine your skin type. If your skin is prone to dryness, opt for a liquid foundation. If it is oily or combination go for a mineral powder and blend it with an oil or lotion (e.g. our No.4 Vanilla Silk lotion) to make it easier to spread on dry areas.
- Determine the coverage desired. If you are after full coverage go for thicker foundation or apply concealer before you apply a light weight foundation. If you have beautiful skin that does not need covering, perhaps all you need is a tinted lotion or BB Cream or even a small amount of concealer to cover spots.
- Ask for a sample. Ask for a sample of the shade and makeup you feel is the best one for your skin. Trial it and see how your skin feels. Samples are the best way to trial makeup as they give your skin the opportunity to see how it feels whilst using it.
- Some of our favourite makeup brands include Inika Organics BB Cream, Inika Mineral Powder, Kjar Weiss foundation, Jane Iredale Pure Pressed Foundation.

Some of our other makeup favourites include:

- Bronzer: Edible Beauty and Luminous Angel Crème, Inika Organics Baked Mineral Bronzer
- Highlighter: Edible Beauty & Luminous Angel Drops, Ere Perez Vanilla Highlighter
- Eye Pencil: Lavera Soft Eye Pencil
- Eye Shadow: RMS Beauty Swift Shadow
- Mascara: Inika Long Lash Mascara, Ere Perez Natural Almond Mascara
- Lipsticks: Inika Organic Lipsticks, Neek Vegan Lipsticks, Lavera Organic Lipsticks

