

Mineral Makeup - Natural Beauty

As we become more aware of our environment and more aware of the products that we are putting into and onto our bodies, natural and homeopathic products are taking the cosmetic industry by storm. It's likely you've noticed new skincare and cosmetic companies popping up with "all natural" and "organic" products. Of course, just because they say they are, doesn't necessarily make it true. That is where consumer education comes in, and why it is so important. The title of this article is "Mineral Makeup". After learning what mineral

makeup is, what products go into it, and what its benefits are, you can decide if this is the right choice for you. What Is Mineral Makeup? Mineral makeup is designed from all naturally occurring products. It is often recommended by dermatologists to women with sensitive skin, rosacea, post operative, laser and other procedures because of its intrinsic skin soothing and anti-inflammatory properties. It is a powder makeup of

finely milled minerals. Because it does not have the oils, waxes and silicones that a traditional liquid or pressed powder would have, it has certain benefits. One is longer lasting makeup. Waxes in traditional makeup cause it to sit on top of the natural oils of your skin. Mineral makeup absorbs excess oil and is able to adhere to your skin and that means you get longer lasting, better coverage makeup. It also is more water resistant. If you dab the moisture away, and don't rub it, it's unlikely you'll have to apply another coat of mineral makeup. Mineral makeup, being a powder, is also more forgiving when choosing a skin tone. Because it isn't a liquid, it's easier to find a color match. Liquid foundations are very tinted, and if you've chosen the wrong color you will know it. Minerals allow your natural skin tone to show through, so you get more flexibility. Plus, you'll never get that horrible jaw line mark where your makeup stops and your skin begins. It can provide very sheer or very opaque coverage, depending on the

formulation and application. However, it still allows natural skin radiance to show through, so you don't get the dreaded "mask" look. It is typically free of fragrance and preservatives. Minerals cannot feed bacteria, so there is no danger of spoilage, thus it needs no preservatives. It does not go bad. It is very good for oily skin because it has several oil- absorbing components. Mineral makeup is a fantastic option for those whose skin cannot

tolerate traditional makeup, those practicing the Vegan lifestyle and those that desire a more natural lifestyle. It is usually applied with a brush, and is typically shown to be "buffed" into the skin. This technique forces the makeup into your pores, which is never a good thing. A technique that works with better quality mineral makeup (which we'll discuss later) is to "dust" the makeup on, instead of "buffing" it. If a brush irritates your skin, you can also use a non-latex or flocked sponge. Application can be done either wet or dry. What Are The Ingredients? This is the most

important part. Learning what is in your makeup will give you the ability to choose what will meet your needs best. These are the most popular ingredients you will come across.

- Titanium Dioxide- A white natural sunscreen and anti-inflammatory agent.
- Zinc Oxide- A natural sunscreen providing broad spectrum UVA/UVB protection.
- Sericite- A colorless mica that can be used to cut the opacity of Titanium Dioxide and also works as an oil absorber. It also gives the makeup better application and slip.
- Rice Powder- Cosmetic grade- An oil humectant (draws oil out of the pores). Is safe for acne prone skin, unlike cornstarch which is a source of food for bacteria.
- Kaolin Clay- A very mild, white China clay used for it's natural oil-absorption.
- Mica- Natural "glitter". Provides shimmer and sparkle. This helps give the cosmetics some depth while also refracting light and drawing attention away from minor discolorations and fine lines.
- Iron Oxides- Natural pigment- very opaque. Used for tinting cosmetics.

Ingredients To Avoid These ingredients are also common, but can cause problems so are best to avoid.

- Talc/ Various Powders- Common fillers- can cause respiratory problems and increase acne breakouts.
- FD&C Dyes- Derived from coal tar.
- Bismuth Oxychloride- Known skin irritant- causes itching, rashes and breakouts. Especially prevalent when the wearer sweats.
- Ferric Ferrocyanide- Controversial because of its suspected toxicity.
- Carmine- Crushed beetles, unsuitable for Vegans.

About the Author

Lynn Starnier is the proprietor of Beauty Bliss Mineral Cosmetics at www.beautyblisscosmetics.com.

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