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Better for you: Organic, paraben free, and vegan products for skin, hair and face!

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Did you catch me this morning on CTV Morning Live Winnipeg?

As you may be aware, today is Earth Day, which is the largest environmental event in the world. More than six million Canadians—including nearly every school-aged child—participate in an Earth Day activity in their communities. The mission of today is to foster and celebrate environmental respect, action and behaviour change that lessens our impact on the earth.

It doesn't take much to make a difference, which is why I was on TV this morning talking about some vegan, organic, and paraben-free cosmetic products from [London Drugs](#). Okay, so you may be thinking that using these products may not necessarily impact the earth that much, right? Well, not only are these products better for your health, but lots of them are cruelty-free, vegan-free, and gluten-friendly, as well as features recyclable materials.

So if you want to be a little more health conscious for your skin and body, as well as earth-friendly, here are some brands – and some of my favourite products – that you may want to check into.



Emani Cosmetics

Made in the USA, Emani Cosmetics is makeup with natural and organic ingredients. Their products are 100 per cent vegan and gluten-friendly, 100 per cent cruelty-free, and 100 per cent talc-free and paraben-free. In addition to being free of petrochemicals and irritants, their products are packaged in recycled and biodegradable paper. Emani Vegan Cosmetics is committed to excluding any ingredient that has been shown to have negative health effects.

Although they have a vast range of product selection, my favourite items are the [HD Corrective Concealer](#) (C\$24.50), the [Perfect 10 Primer Serum](#) (C\$38), the [Sculpting Pressed Blush](#) (C\$19.50) and [Organic Soy Infused Mascara](#) (C\$24), which works as a mascara and lash treatment for longer lashes).

Youngblood Mineral Cosmetics

I'm still new to this brand of mineral cosmetics, but Youngblood is the premier luxury mineral cosmetics line made of natural, finely ground minerals from the earth — without any of the common irritants (including chemicals, dyes and preservatives) found in conventional makeup. Mineral makeup (which is an inorganic solid substance that occurs naturally in rocks and in the ground) reflect light to help smooth the appearance of fine lines and blemishes. If you suffer from rosacea, acne, and discolouration, mineral makeup is great because they do not support the growth of bacteria and microbes, and pose a lower risk of allergic reaction, making it great to use on skin conditions like rosacea, acne, and discolouration.

Give the [Youngblood Lip Gels](#) (C\$26) a try for a naturally selected formula that contains Momordica Grosvenorii Fruit Extract, Jojoba Seed Oil, Meadowfoam Seed Oil and Sweet Almond Oil for a nourishing, long-lasting, mirror-like finish while remaining petroleum, fragrance, mineral oil and cruelty-free.

Their [Hi-Definition Mineral Perfecting Powder](#) (C\$46) is amazing if you have a special event. This finishing powder, which applies translucent, keeps skin hydrated and balanced by locking in moisture while naturally absorbing excess oil and mattifying shine – even in high humidity. The powder is enriched with silica, which reduces the appearance of fine lines and pores due to its optical light reflecting properties as well as skin-revitalising minerals zincite and rhodolite. It also leaves a cooling, soothing sensation upon contact due to the use of the anti-inflammatory and calming licorice root.

Mineral Fusion Mineral Makeup

Another mineral makeup brand, Mineral Fusion's goal is to leave skin and hair in better condition than they found it. This includes selecting effective natural ingredients, as well as making their products free of gluten, parabens, talc, artificial colors, synthetic fragrances, SLS, and phthalates. Their products are also cruelty free and they are committed to sustainability and utilize wind power, soy inks, packaging from recycled materials and packaging that is recyclable.

Since summer is coming up, give their bronzer a try. I love this **blush/bronzer duo** (C\$30), which contains pomegranate, red tea, white tea plus vitamins C and E that defend against free radical damage and give skin a healthy radiance.



EcoTools

You may have seen EcoTools already as the brand is available at most drugstores. Their brushes feature eco-conscious materials that are 100 per cent cruelty free, and that feature recycled aluminum and renewable bamboo.

They offer a wide range of products, including makeup brushes, brush cleansers, bath tools, and much more. Their makeup brush starter set includes a blush brush, a shading brush, angled eyeliner brush, concealer brush, brow and lash groomer and brush bag. The packaging is 100% tree-free paper and 100% recyclable made from 80% bamboo and 20% cotton fiber.

Herbatint

I was once told by a colleague that anything that changes the colour of our skin (he was referring to self tanner) and hair, probably isn't good for you. I think it's safe to say that most people dye their hair. In order for the colour to work though, we are feeding so many chemicals into our locks.

If you like going the at-home route for colouring your hair, look into purchasing Herbatint Permanent Haircolour Gel, which is the safest permanent hair colour product on the market. 60 Million Consumers, France's leading consumer testing organization, confirm that Herbatint is the only safe hair colour product that contains no carcinogens or toxins, protects both hair and scalp, and leaves hair soft, radiant, and beautiful. Their **Permanent Herbal Haircolour Gel** (C\$18.99) is available in 36 colours, so I'm sure you can find a colour to suit the shade you're looking for.

Green Beaver Sunscreen

They say to wear sunscreen everyday to protect skin from the sun's harsh rays. Well what if I told you you could be increasing your risk of cancer by wearing sunscreen, the one thing that's supposed to help you from getting melanoma.

Studies have shown that most sunscreens contain chemicals that can increase your risk of cancer and other health issues. The chemicals from sunscreen absorb into the blood, can act like estrogen (take a look at the sunscreen bottles in your cabinet right now, do they have the ingredients oxybenzone, methoxycinnamate, and PABA in them? Those ingredients are estrogenic chemicals linked to cancer).

Although there are many sunscreen brands out there (I always get suckered in by Hawaiian Tropic), take a look at organic brands for the best way to protect your skin (both inside and out). Canadian-brand Green Beaver ([C\\$20.99 at London Drugs](#)) is a line of organic products, which includes sunscreens in its impressive stable. Their certified-organic sunscreens are developed for all skin types (available in both kids and adults versions), and include natural and gluten-free ingredients.

La Roche-Posay

If you like the whole mineral thing (plus want more of a BB-like formula), [La Roche-Posay's Anthelios Mineral Tinted Ultra-Fuid Lotion SPF 50 \(C\\$34\)](#) is a 100 per cent mineral sunscreen, which has a universal shade for an instant glow. It has high UVA/UVB high protection and is fragrance-free, paraben-free, non-comedogenic and water resistant.

I've really been loving the push towards more natural products in the beauty industry. We use these products to look and feel more beautiful, but the chemicals that we are putting on our body can be ruining our insides (so not cute).

This post is in collaboration with London Drugs, as they have a variety of products that are gluten-free, vegan, cruelty-friendly, mineral-based, and organic. Although a lot of these products are available at most drugstores, I know brands like Emani, Mineral Fusion, and Youngblood are a little more hard to find, but you can order them online through [London Drugs' official site](#).

What's your favourite earth-friendly beauty brand?

Also, don't forget to enter my [signed Demi Lovato CD and Lovatics by Demi New York Color prize pack](#), as well as my [Genuine Health](#) giveaways!

Link:

<http://apopofcolour.com/2016/04/22/better-for-you/>