

What to Look for When using Organic Skin Care Products

People have been using natural ingredients for centuries because the healing properties have had a positive impact on their health and well being. Because of the changes in our environment that have resulted in an accumulation of toxins in our air, soil, and water, more people are now choosing organic products to improve their health. One way of embracing a healthy lifestyle is the use of [organic skin care products](#).

Organic skin care products are all natural, chemical and preservative free, and do not negatively impact the environment. Natural organic properties in the skin care products help to decrease the signs of aging, rejuvenate and replenish the skin with vitamin and minerals, and naturally moisturize leaving the skin smooth and soft, helpful for those with very [sensitive skin](#).

Organic skin care products are better for the environment because they are made without pesticides, synthetic preservatives, chemicals, mineral oil, animal by-products, artificial colors and fragrances, and other toxic substances. When choosing an organic skin care product it is important to read the label. They should state they are 100% vegan, cruelty free, and do not contain any chemicals and additives. Natural ingredients to look for include rosemary, sage, seaweed extract, honey, vitamins and minerals, apricot, coconut oil, mango, herbal plant extracts, avocado, distilled water, safflower oil, pure spring water, witch hazel, bee pollen, hazelnut oil, pink grapefruit, papaya, and aloe vera.

Synthetic ingredients that will tell you that the product is not organic include:

Petrolatum/Paraffin/Mineral oil: As byproducts of crude oil, mineral oil blocks the skins absorption of vital vitamins and essential nutrients. It also blocks dirt and debris from exiting the skin. Any mineral oil derivative can be filled with cancer causing Polycyclic Aromatic Hydrocarbons (PAH's.) Mineral oil derivatives include: Liquidum paraffinum, Paraffin oil, and Paraffin wax.

Parabens: These are harmful chemicals. Look for the prefix methyl, propyl, butyl and ethyl. They are petroleum-based and can cause skin irritation and other reactions. Parabens are thought to alter estrogen levels and there is a concern that they increase the risk of breast cancer. Types of parabens include: propylparaben, methylparaben, butylparaben, isobutylparaben, ethylparaben, and benzylparaben.

Phthalates: These are chemical substances that can seep out of plastics. They are toxic, carcinogenic, and have been associated infertility.

Sodium Lauryl Sulfate (SLS) and Ammonium Lauryl Sulfate: These are chemical foaming agents that have been linked to such health conditions as PMS, menopausal symptoms, cell membrane damage, and immune system damage. They may also be linked to an increased risk of cancer such as breast cancer.

Isopropyl alcohol: This product dries the skin and can cause premature aging of the skin. **FD&C Color Pigments:** These substances are full of heavy metal salts that penetrate the skin. As synthetic colors made from coal tar, studies have revealed these substances as being carcinogenic.

When you research the chemicals found in manufactured skin care products, it is easy to see why so many people are turning to organic skin care products. Studies have revealed that up to 60% of what we apply to our skin may be absorbed into the bloodstream. If you are using non-organic skin care products, it is important to note the impact of toxic chemical on your body.

Organic skin care is an eco-friendly choice that is healthy for the planet and your skin. To ensure healthy skin care and overall good health, it is wise to replace your current chemical skin care products with organic products. Your skin will appreciate the dose of good health.

About the Author

Leading supplier of organic skin care products for adults and babies. Products include: [organic soaps](#), [eye creams](#) and more!

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