

Natural beauty

Beauty editor Lisa Tristram finds the best natural eye creams and multi-tasking marvels, and chats to founder of Clemence Organics, Bridget Carmady.

Green queen

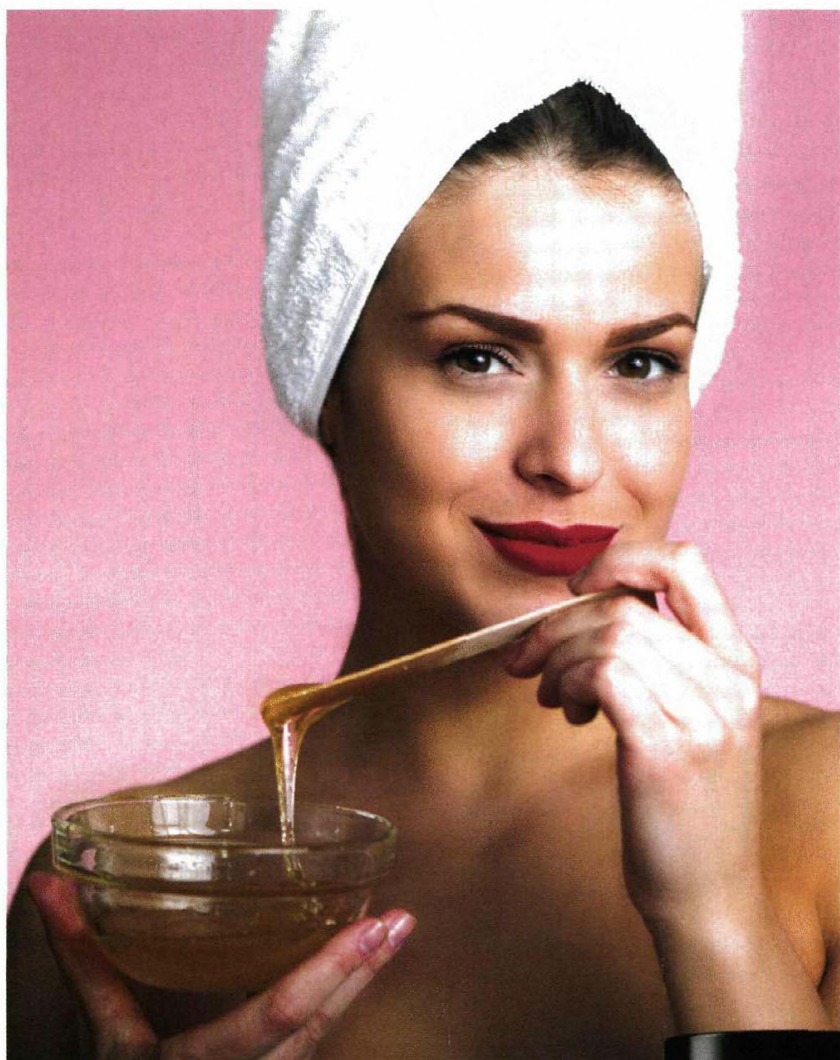
Naturopath Bridget Carmady is the founder of Clemence Organics (www.clemenceorganics.com)



Why did you study naturopathy? Growing up, my mum always took me to see naturopaths. I loved the holistic approach and the encouragement to take responsibility for your own health. When I shared what I knew about naturopathy with friends and family, and saw how much they benefited, I was determined to learn more.

What is your 'go to' for skincare? I have been formulating and blending my own skincare for 10 years now. As a naturopath I wanted products which made my skin look and feel beautiful, but which did not compromise my health. These efforts have culminated in Clémence Organics – luxurious and truly organic skincare.

Why the interest in skin health? Having had acne and scarring in my teens and twenties, I know how self-conscious poor skin can make you feel. Giving someone back their self-confidence is a privilege.



Star ingredient: Honey

Honey has been used for centuries as a food, medicine, and beauty treatment – archaeologists even found pots of well-preserved honey in Egyptian tombs. Today, its antibacterial and antimicrobial properties see manuka honey used in hospitals to speed wound healing. Want skin like Cleopatra? Try: **Antipodes Manuka Honey Skin-Brightening Light Day Cream** (\$59.95, at David Jones).



Eye, eye!

Did you know that the skin under your eyes is 10 times thinner than the skin on your face, and has far fewer oil glands? That's why it needs its own special cream. Use your ring finger to gently tap cream around the eye; never apply directly to lids. Natural ingredients that smooth and firm include rose, pineapple and jojoba.

Try: **Dr Hauschka Eye Cream** (\$82.00, www.drhauschka.com.au), **Weleda Wild Rose Eye Cream** (\$36.95, www.weleda.com.au) or **River Veda Eye Cream** (\$40.00, www.worldorganics.com).

Top choice

Trilogy's new **Exfoliating Body Balm** (\$35.95, www.trilogyproducts.com.au) is special in so many ways – it works, it's beautiful AND it uses fine rosehip seed powder as its exfoliant, an innovative, biodegradable alternative to plastic microbeads that harm wildlife.



Nature & Health loves ...

Botica Handcrafted Bath Teas, a mix of organic flowers and herbs, a reusable organic muslin bag and measuring spoon. www.boticabliss.com



Black soap?

Don't knock it till you've tried it! Tokyo Organics 100% Natural Soap is made with bamboo charcoal powder and lemongrass oil to deep-cleanse pores. www.SirenSoapShop.etsy.com

Multi-tasking marvels

Dr Bronner Pure-Castile Liquid Soap (\$5.95 www.drbronner.com.au)

Use as a cleanser, tooth brightener and a shaving cream.

Rosehip Specialists Rosehip Oil (\$19.95, www.rosehipplus.com.au)

Great for after shaving or waxing, and as a dewy highlighter.

MOA Green Balm (\$27.95, www.nourishedlife.com.au)

Try as a cuticle conditioner and to soothe bites and rashes.



Perfumed perfection

Each Altearah Bio aromatherapy colour-fragrance is designed to nurture, heal, and stimulate an emotion – Pink is for Tenderness, Gold for Confidence, Violet for Balance, and so on. www.altearah.com.au



Expert Q+A:

Is stress stealing your youth?

It is said that comparison is the thief of joy, but when it comes to skin, stress is the thief of youth. The release of stress hormones cause inflammation and dehydration, which both contribute to premature ageing of the skin, while habitual facial expressions made in response to prolonged stress, like frowning or jaw-clenching, lead to deep lines that last far beyond the stressful period. So be mindful of your facial expressions and where you hold tension, for worries fade but frown lines don't!

Leigh-Ann Comarmond is the creator of Mindful Beauty Therapy™. www.enthrallingbeauty.com.au

