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Organic Cosmetics— Food for Your Skin

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Brown Box Organics not only offers free home or office organic produce and specialized grocery deliveries but also curbside pick up on call-ahead orders.

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The skin is the largest organ of elimination in the body. To be healthy, the body needs to eliminate metabolic byproducts effectively. When other organs of elimination like the liver or kidneys become overloaded, often the skin shows the results in eruptions and discolorations. To keep the skin healthy, a clean and balanced diet with lots of dark leafy green vegetables and plenty of omega 3 fatty acids (like those found in fish oil) are often helpful. Healthy food choices, digestive efficiency and good elimination are all important ways to ensure a “glowing” exterior.

What you put on your skin can often disrupt effective elimination, so steer clear of ingredients that clog pores and create more of a toxic overload in your body. Read cosmetic labels carefully to ensure your favorite products are free from suspected carcinogens, dyes and other chemicals. Thanks to Sara Rodgers, ND for assembling the following list of helpful websites and suggested readings and resources regarding cosmetics.

Useful Websites:

Check the toxic load in your cosmetics! Skin Deep is a consumer safety guide and database to cosmetics and personal care products. <http://www.cosmeticsdatabase.org>

The Campaign for Safe Cosmetics works to protect the health of consumers and workers by securing the Corporate, regulatory and legislative reforms necessary to eliminate dangerous chemicals from cosmetics and Personal care products. <http://www.safecosmetics.org>

The Environmental Working Group provides information on numerous issues ranging from how to choose the vegetables with the least pesticide residues and the least toxic sunscreens to the cell phones emitting the least radiation. <http://www.ewg.org>

Recommended Reading:

Toxic Beauty –How Cosmetics and Personal Care Products Endanger Your Health...And What You Can Do About It by Samuel Epstein MD

Not Just a Pretty Face: The Ugly Side of the Beauty Industry by Stacy Malkan

Some Local Resources:

Brown Box Organics carries organic personal care products. The Boise Coop offers non-toxic personal care and beauty products, ingredients and containers. The Herb Pantry offers a good selection of ingredients and essential oils to make your own personal care products. Sierra Sage offers pre-made herbal salves and balms.

BODY BUTTER

- ¼ cup grated or chopped cocoa butter
- 1 T. coconut oil
- 2 T. light olive oil
- 1 T. avocado, sunflower or sweet almond oil
- 1 T. grated beeswax or beeswax beads (pearls)

Combine all ingredients in a saucepan and warm on the stove until they just begin to melt or heat in a microwave on high 1-2 minutes. Remove mixture from heat and stir until well blended. Pour mixture into a clean jar or container with a tight-fitting lid. Massage a small amount into skin to condition and moisturize.

Compliments of Jillian Johnson, Brown Box Organics

LIP BALM

- ¼ cup sweet almond oil
- 1/8 cup beeswax pellets
- ½ tsp wheat germ oil (consider hypericum, arnica, calendula, Vitamin E, etc.)
- 1-2 drops essential oils (lavender, clove, orange, eucalyptus, comfrey, rosemary, tea tree, etc.)

Mix the sweet almond oil, beeswax and wheat germ oil together in a saucepan. Typically use 2 parts sweet almond oil to one part beeswax pellets and a few drops of wheat germ oil. Warm the mixture until the beeswax pellets are just melting. Stir well. If you want thicker lip balm, add more beeswax. Allow the mixture to cool. Add a few drops of essential oils and mix well. Pour the cooling mixture into lip balm containers. Allow to cool and place lids on jars.

