

It is a fact that our skin absorbs about two thirds of anything that is put on it. So next time you are slathering on that 'miracle' anti-ageing cream, stop and think about what is in the products that you put on your face or body. We go to great lengths to avoid eating food that has been produced in a way we don't understand, hence the rise in organics and farmers' markets. So common sense dictates that we should apply the same level of scrutiny and care to our beauty products. There is an ever-increasing number of products on the market that are labelled 'natural' but filled with potentially harmful chemicals – products can advertise themselves as natural with only about 40 per cent natural ingredients – so it is important to read labels carefully. Below are the pick of natural or organic products that I find invaluable.

If you thought organic make up was dull, think again. Dr Hauschka's new range, Novum 06, features four shimmering lip glosses (£14) which are made of sea buckthorn oil, beeswax and mango butter to keep lips soft. They go on smoothly, stay on and shine as well as your favourite Guerlain. Match with the lip liner in a delicious cinnamon shade (£10) and top it all off with the bronzing powder (£20) which has a wonderful rose scent and contains medicinal herbs which help with skin impurities. From Fresh & Wild, Space.NK, Planet Organic, or www.drhauschka.co.uk

Comfort & Joy's products are something to really rave about. Made with organic and wild-crafted ingredients, this family firm is committed to avoiding synthetics and relies on natural vegetable butters and cold pressed oils, essential oils and infusions instead. Hence the products are gentle and delicious, but most unexpected of all is the make up. The eye shadow powders are rich in colour: check out Mayan Mayhem, a rich purple with a shot of gold running through it, and Lapis Lazuli, an elegant deep ocean blue for traffic-stopping colour (£10.50). Call 01367 850 278; www.comfortandjoy.co.uk

Natural products without the hefty price tag are on offer thanks to Naked, a wonderful range of skin care products made without parabens, petrochemicals and sulfates. Excellent labelling and a witty turn of phrase make Naked fun as well as being packed with natural goodies: Naked is on average 97 per cent natural. Try Rose With No Clothes Softening Face Wash (£4.69) or the Sea Minerals in the Buff Renewing Body Scrub (£8.99). Or invest in a Go Naked travel pack of mini versions of the range. Available at Boots.

Banish wrinkles with Natralox (£49.95), an anti-ageing cream that uses natural ingredients to mimic the effects of Botox. Containing a patented ingredient which is a combination of amino acids as well as vitamins C and A and hyaluronic acid, Natralox relaxes facial muscles in a cumulative effect. For stockists call 020 8748 9200, www.planetblueshop.com



Feed your face

You wouldn't choose to eat chemically produced food, so why put it on your face? **Kamin Mohammadi** has a guide to organic and natural products that really do what the label says

Care for your teeth the natural way with Dr Hauschka's new dental care brand, WalaVita. With wild grown and bio-dynamic ingredients, the range consists of two toothpastes – Lemon and Salt, and Mint and Neem (£5) – and a Sage Mouthwash (£7). With no added fluorides and full of medicinal herbs that combat inflammation and strengthen gums, this range helps keep your mouth healthy the natural way. Call 01386 792 642 for stockists.

Another excellent natural skincare range is Skincare Café, a powerhouse of certified organic essential oils. The Organic Lemongrass

Purifying Face Mask (£10.99) is a brilliant deep cleanse that only takes around four minutes to turn around a dull complexion.

For amazing anti-ageing properties use the Organic Chinese Geranium Anti-Ageing Night Oil (£21.99). This blend of essential oils are known for their skin anti-ageing and rebalancing properties which should show you a difference in just two weeks. Available at Luscious Organics, 240 242 High St Ken, W8 or call 0870 443 2744. www.skincarecafe.com

With such a wealth of natural choice, it is time to detox your bathroom cabinet.