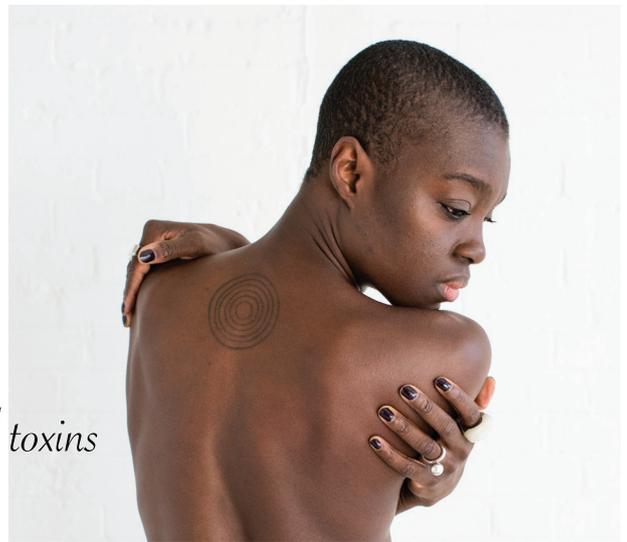


# The skin is the largest organ of your body...

*It regulates our body temperature*

*It protects us from pathogens and environmental toxins*

*It excretes toxic substances with sweat*



## Skin Penetrations and Absorption

The skin has three layers: epidermis, dermis and subcutaneous layer. When we apply creams, cosmetics or medications on our skin, they either penetrate through the first layer or they go through all three layers and get absorbed into the bloodstream.

With penetration our systems don't get affected, but with absorption they can be.

This is great when we bathe with Epsom salts, absorb all the Magnesium through our skin and get the therapeutic effects from it. But what happens when we absorb some of the chemicals and toxins from our beauty products? They put a toxic load on our liver, kidneys and possibly more.

This is why it's important to try as much as we can to avoid chemicals and instead use natural products.

## Ingredients to Avoid!

**Parabens:** Found in many cosmetics, paraben is a preservative that protects against molds, bacteria in cosmetics BUT also mimics estrogen. Identified in biopsy samples from breast cancer. Found in makeup, shower gels, deodorants, shampoos and more...

**Synthetic colors:** Often suspected to be cancer causing toxins, synthetic colours are made from petroleum.

**Phtalates:** Another one that may be a risk factor in breast cancer and hormonal dysregulation. Found in deodorants, perfumes, hair sprays, moisturisers...

**Fragrance:** Common Allergen

**Sodium lauryl sulfate (SLS):** Skin and lung irritant, also a possible carcinogen. Found in shampoo, body wash, mascara...

**Formaldehyde:** Deemed as human carcinogen by The International Agency for Research on Carcinogens (IARC). Found in shampoo, eye shadow, mascara, nail varnish...

**Toluene:** linked to immune system toxicity. Nail polish, nail treatments and hair color/bleaching products.

**Propylene glycol:** classified as a skin irritant and penetrator. Associated with dermatitis as well as hives. Found in make up, shampoo, conditioners, hair sprays



## Why going natural?

To reduce the load of toxins on your body but also save tons of money if you decide to make some of your products yourself.

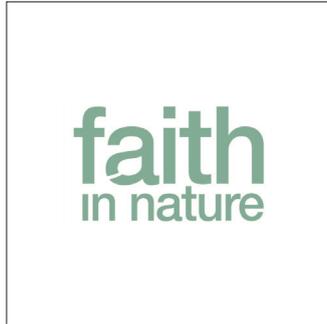
*Natural products brands  
for black skin*



**LATTICIA**  
ORGANICS



*Natural products brands  
for all skin types*



**NEOM**  
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*..and now Recipes for some homemade products!*

## *Hydrating Face Oil*

*Sweet Almond Oil*

*Rose Oil*

*Frankincense or Neroli essential Oil*

*Hydrating Complex*

## *Invigorating coffee scrub*

*1/4 coffee grounds*

*1/4 extra virgin olive oil*

*2 tablespoons of honey*

*2 tablespoons of white sugar*