

Why Use Organic Skin Care Products?

When we say organic skin care products, it is bio-compatible and bio-available, helping create an all natural face with all natural beauty. Nowadays it has been said that the organic skin care is one of the fastest growing areas of the beauty industry. Can you imagine that by using a range of body and skin care products, woman applies more than 200 chemicals to her skin a day? Recent research has shown that 60 per cent of these chemicals are absorbed into the bloodstream. It has also been found that the number of people with eczema, allergies and skin complaints is on the rise - their conditions aggravated by the chemicals in our skincare and body care products.

There are so many skin care products contain known or suspected carcinogens, neurotoxins and hormone disruptors. They are synthetic as well as natural fragrances are frequently allergenic. Ingredients like lanolin, which comes from sheep's wool, can be contaminated with pesticides. Also think that other chemicals may interact with nitrites to form carcinogens called nitrosamines.

So how can we avoid these synthetic chemicals? The best way to avoid them from entering our body is to only use body care products that are organic, fresh, and synthetic chemical-free. Then, what're organic skin care products? Organic produce has been grown without the use of artificial fertilizers and pesticides. Know that if a product claims it's organic, it must contain at least 95 per cent of organically grown produce. For a product to claim that it has been 'made with organic ingredients', it must contain over 70 per cent of organically grown produce.

Most cosmetic products require preservatives or bactericides to prevent them from being contaminated. Some of the most allergenic and irritating preservatives release small amounts of formaldehyde, which are an irritant as well as a carcinogen and neurotoxin.

We all know that our skin is responsible for maintaining the correct body temperature and it regulates our body's fluid balance. Each day through many hundreds of thousands of skin pores, the average human secretes over 850ml of fluid. The skin functions as a nutritional factory, producing vitamin D, necessary in the formation of bone, and participates in the metabolism of carbohydrates and amino acids. It is important to remember, that the skin is a living part of your body – often referred to as the 'third kidney' - with several well-developed and interrelated circulation systems; blood, sweat, sebum, nerve and lymph, any of which can be damaged by absorption of chemicals or enhanced by a good skin care system.

I guess what we really need to learn are the effects of chemicals to our skin. Our skin is something that we need to take care of. Imagine what our skin will look like if damaged by those chemicals. Let us just be kind to our body, it is just right for us to give them the care that they want and that is caring them naturally.

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About the Author

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