

2011 Nature & Health BEAUTY AWARDS

For our fourth annual awards, we tested dozens of natural, eco-friendly personal care products to select these 25 winners. Beauty Editor **Helene Larson** reports.

FACE

1. Oily Skin Cleanser

JOHN MASTERS ORGANICS BEARBERRY OILY SKIN BALANCING FACE WASH (\$50.40; www.spaorganics.com.au)
What we liked: With over 20 herbal extracts to control oil production and reduce pore size, including bearberry and willow bark, this left skin feeling fresh and clean, but not dried-out.

2. Dry Skin Cleanser

EMINENCE ORGANICS BLUEBERRY SOY EXFOLIATING CLEANSER (\$61.00; www.eminenceorganics.com.au)
What we liked: The antioxidant and tannin-rich blueberry extracts, which gently exfoliate skin and tighten pores, plus the calming effects of soy protein to smooth skin texture.

3. Day Moisturiser

JURLIQUE CALENDULA CREAM (\$43.00; www.jurlique.com.au)
What we liked: The way that this non-greasy, silky combo of macadamia and avocado oils, calendula and witch hazel, had a balancing and toning effect on even the most delicate skin.

4. Night Cream

AUM ORGANICS REGENERATING NIGHT CREAM (\$34.95; www.aumbeauty.com)
What we liked: The fact that this blend of phyto-enzymes, fruit AHAs and lactic acid really does make a noticeable difference. Beta glucan is the magic ingredient that repairs and firms skin.

5. Eye Cream

YUVA FIRMING EYE CREAM (\$6.00; www.yuva.com.au)
What we liked: How it gently rehydrated the delicate eye area and visibly reduced puffiness. The light herbal scent – a mix of cucumber, eyebright and aloe vera - is refreshing.

6. Serum

TEPOEMÄ TREATMENTS YOUTH RESTORE SERUM (\$35.50; www.tni.com; stockists: 1800 008 791)
What we liked: Its definite ability to reduce expression lines; the hibiscus, noni and coconut have a rich skin-conditioning and nutritive effect, and we adore the tropical scent.

7. Exfoliator

A'KIN JOJO & CORN GENTLE EXFOLIATING FACIAL SCRUB (\$27.95; www.purist.com)
What we liked: The way the jojoba beads and corn grits work so effectively to buff and smooth skin. It's easy to apply and mild enough for daily use.

BODY

8. Body Scrub

CRABTREE & EVELYN NATURALS BOTANICAL BODY SCRUB WITH COCOA BUTTER, NUTMEG & CARDAMOM (\$39.95; www.crabtree-evelyn.com.au)
What we liked: The rich buttery texture and the way it buffs and polishes skin, plus the spicy, chocolatey smell is gorgeous. Perfect for dry, stressed skin.

9. Body Butter

BOD ECOLOGY BODY BUTTER WITH TASMANIAN LAVENDER AND FRANGIPANI LEAF (\$12.95; www.bod.com.au)
What we liked: How it healed sunburn, windburn, and chafing, soothed tenderness and inflammation, and made skin look dewy and feel cool and smooth. Just one application lasts all day.

10. Body Moisturiser

DIVINA WHIPPED LIQUID GOLD ORGANIC MOUSSE BODY MOISTURISER (\$34.95; www.divina.com.au)
What we liked: How this velvety, vanilla-scented mousse, which is made with argan oil, shea butter, and rosehip oil, absorbs right into skin and visibly improves its appearance.

11. Soap

ABSOLUTELY GORGEOUS MANUKA HONEY, ALMOND AND ALOE SOAP (\$6.95; www.absolutelygorgeous.com.au)
What we liked: Thanks to the potent healing effects of manuka honey and aloe vera, this leaves skin super-hydrated as well as clean and fresh. The exotic cinnamon scent is a plus, too.

12. Shower Gel

MAMBINO ORGANICS MANDARIN CRÈME ORGANIC BODY WASH (\$35.95; www.mambinoorganics.com.au)
What we liked: That it contains so many skin-loving treats – organic red mandarin to tone, chamomile to soften, aloe vera to heal – and leaves skin scented and silky soft.

13. Hand & Nail Cream

NATURAL INSTINCT NATURAL HAND, CUTICLE & NAIL CREAM (\$9.95; www.naturalinstinct.com.au)
What we liked: This product contains quality ingredients like shea, mango and cocoa butters, but at a value price. With repeated use, our nails got stronger, too.

14. Deodorant

NATURE'S QUEST LADIES' DEODORANT (\$4.95 for 125ml; www.naturesquest.com.au)
What we liked: This effective, mildly scented formula is free from chemical nasties like aluminium and alcohol, and kept us feeling dry and fresh all day.



HAIR

15. Shampoo

MIESSENCE DESERT FLOWER SHAMPOO

(\$22.70; www.ozorganic.com)

What we liked: This ultra-mild formula is gentle enough to use daily; the yucca juice and organic avocado oil soothe an irritated scalp, while pro-vitamin B5 adds shine and tensile strength.

16. Conditioner

DR BRONNER'S ORGANIC SHIKAKAI CONDITIONING HAIR RINSE IN CITRUS

(\$16.95; www.drbronnert.com.au)

What we liked: This leaves hair feeling noticeably softer, fuller, and fluffier. The organic shikakai, lemon juice, coconut and hemp fatty acids all help to repair dry, flyaway, and damaged hair.

17. Treatment

AVEDA COLOR CONSERVE STRENGTHENING TREATMENT

(\$64.95; www.aveda.com.au)

What we liked: This was a consistent favourite with all our testers: the sunflower oil ups shine, the morikue protein complex strengthens hair, and natural sunscreens prevent fading.

MAKE-UP

18. Foundation

LIVINIA MINERAL CRÈME FOUNDATION IN WARM BEIGE

(\$62.00; www.livinia.com.au)

What we liked: That it is enriched with jojoba oil, shea butter and vitamin E, and so moisturises and protects skin, as well as offering the perfect amount of coverage.

19. Tinted Moisturiser

JANE IREDALE DREAM TINT SPF 15 IN MEDIUM LIGHT

(\$72.00; www.margifox.com.au)

What we liked: It's hard to beat this product for a sheer glow that also stops moisture loss, calms redness and boosts elasticity. Titanium dioxide adds SPF 15 protection.

20. Lipstick

PÜRMINERALS. LIPSTICK WITH SHEA BUTTER IN FROSTED AMBER

(\$17.00 www.strawberrynet.com)

What we liked: With shea butter, minerals and antioxidants, this is much more than just a long-lasting lipstick: it also provides nourishing and anti-ageing benefits.

21. Lip Balm

MUKTI MACADAMIA & HONEY LIP BALM

(\$14.95; www.muktibotanicals.com.au)

What we liked: This softening, protective blend of certified organic macadamia, jojoba, raw honey, beeswax, and calendula oils really is good enough to eat!

22. Lipgloss

MORGAN ANNIE MINERAL GLOSS IN SOFT PINKY PLUM

(\$36.00; www.morganannie.com.au)

What we liked: How it gives lips a creamy, rich colour while also nourishing them with jojoba and orange oils, vitamin E and carnauba wax – plus it stays on for hours.

23. Blush

ZUII ORGANIC CERTIFIED ORGANIC FLORA BLUSH IN PEACH

(\$28.95; www.zuiiorganic.com)

What we liked: With certified organic rose petals, jasmine buds and chamomile flowers to soothe heal, and repair, this is a colour-and-conditioning treatment in one.

24. Mascara

MUSQ MUSQHAVE MINERAL MASCARA IN ONYX

(\$38.00; www.musq.com.au)

What we liked: That it moisturises and strengthens lashes while adding colour; plus, being 100 percent natural, it doesn't contain any irritating plastic fibres.

25. Eye Shadow

ADORN MINERAL MAKE-UP DAY/NIGHT EYESHADOW TRIO IN BLUE EYES

(\$60.00; www.adornmineralcosmetics.com.au)

What we liked: This cream-to-powder trio is great for those who struggle to blend eye shadow seamlessly, and the intense colours really do make your eyes pop.

Our criteria

Make your beauty dollar count! All products in our Awards are free from sulphates, parabens, phthalates, ammonia, synthetic fragrances and colours, which harm our health, our children's safety, and the planet. For more info, visit the Environmental Working Group's cosmetic safety database, www.cosmeticsdatabase.com.

"This colour is a great take on nude, with that subtle hint of frost."

- DIANNE, GOLD COAST, QLD.



2011 natural beauty awards

CONGRATULATIONS!



Natural Beauty Award Winner 2011

Nature's Quest passion is to offer a natural range of hair and skin care products that is affordable to the family, offering a healthier alternative to synthetics.

It is often asked, what is the difference between deodorant and antiperspirant? The fundamental differences lie in the way these products work. They each use different chemical processes for minimising body odour. Some studies indicate potential health risks associated with aluminium compounds found in many antiperspirants, such as possible links to alzheimer's. Antiperspirants contain chemical compounds that block the pores to stop the discharge of perspiration. Similar studies have found concerns associated with parabens which can also be found in some deodorants. It has been suggested to be linked to illnesses, including breast cancer. Certain ingredients can be considered unhealthy, but deodorant is frequently cited as a better alternative than many antiperspirants. Deodorant allows the release of perspiration, but prevents odour by combating it with antiseptic agents, which kill odour-causing bacteria. Many healthcare professionals recommend deodorant over antiperspirant, believing that obstructing pores and preventing perspiration may not be the healthiest choice.



Nature's Quest is proudly Australian made and owned.

Our range of Natural hair and skin products are priced from \$4.95

www.naturesquest.com.au