



STYLE

**Get glowing with green and vegan beauty helpers that will give you an eco-friendly radiance.**

**T**he New Year is a perfect moment to detox your bathroom bins, drawers, and makeup pouches and to segue into a clean beauty routine. If you think about it, the recipes for the eye shadow and lip gloss we wear everyday and are absorbed into our skin should be as clean and natural as what we put in our mouths; unfortunately the cosmetic market is abundant in products that look pretty, but include ingredients you wouldn't ever use in your kitchen. And most times, you want to keep those types of ingredients away from your skin. Whenever possible, try to make a choice that you would feel good about packing in a snack bag. It'll make you feel beautiful inside and out!



It can be a bit daunting to detox all of your products at once, so I recommend starting with the two that are most important: your foundation and lip products. These go directly on the skin, so it's top priority that they have minimal harsh chemicals and are of the highest quality possible.

Purify your regimen by eliminating the parabens, mineral oils, phthalates, sodium lauryl sulfate, triclosan, synthetic fragrances, and gluten to make room for purer alternatives that use advanced technology to give you a revitalizing glow. Some specific ingredients to look for in addition to vitamin E, jojoba, and antioxidants are coconut water, argan oil, marula oil, and pomegranate oil, all of which have nourishing, healing, and rejuvenating properties. Ingredients from the botanical family and spice cabinet, such as turmeric or sea salt and seaweed, aid tremendously in anti-aging and reducing inflammation.

And while you are detoxing your makeup drawer, don't forget to clean your brushes and perhaps opt for new vegan, cruelty-free

applicators. Toss out old powders, sponges, mascaras, and lipsticks, and consider going a day or two without makeup and nail polish altogether. Your skin will thank you.

These are my very favorite tried-and-true natural beauty products. I hope you'll give 'em a try! ■

## CHANTECAILLE CHANTECAILLE

The Future Skin foundation is hands down number one in my book. All of their products are not tested on animals and are free of lanolin and mineral derivatives, synthetic colors and fragrances, sulfates, phthalates, and petrochemicals.



## TARTE COSMETICS

I give this brand five stars. Their products are pure, cruelty-free, and wear flawlessly with a wide range of colors. They also infuse all of their cosmetics with "Skinvigorating" ingredients like fruit and plant extracts, vitamins, minerals, essential oils, and other naturally derived ingredients. Bonus: they're gluten free!





## RMS BEAUTY

I love the multipurpose utility of these delicious textured products in a pot. Lip color can be used as blush, concealer works as foundation, and the highlighter can be eye shadow. All are brilliant for when you're on the go, and they are formulated with raw, food-grade organic ingredients in their natural states, allowing their healing attributes to penetrate and rejuvenate the skin.



## MAKE UP FOR EVER

Their vegan brushes are cruelty-free, soft, and great for sensitive and allergy haunted skin. Detox your brushes by washing them with shampoo every two weeks. It's as good for your skin as doing a week-long juice cleanse!

## JING AI SKIN

This line of pure, organic cosmetics—100 percent gluten free!—are named after different types of roses from around the world and are made with certified-organic ingredients like botanical and flower oils, natural mineral pigments, and coconut oil.



## EMINENCE ORGANICS

Their illuminator is fantastic! Their entire line is hand-made, cruelty-free, organic, and free of parabens, sodium lauryl sulfate, and other harsh chemicals.





## JOSIE MARAN

For hair, nails, and body, Josie is a one-stop beauty detox shop! They use a powerhouse of plant-based oils and extracts, including argan oil, to condition, purify, and nourish as they enhance your gorgeousness.



## KORRES

Budget- and eco-friendly from head to toe! All of their products are certified-organic and made using 100 percent sustainable energy.



## FRECKLES & HONEY SOAP CO.

Their Himalayan sea salt with grapefruit and orange scrub is fantastic and is filled with good-for-you ingredients like almond oil, jojoba oil, and vitamin E.