

Oh-So-Organic

After a day in the surf and on the beach you need to treat your skin. Kat and Louise check out some of the best organic creams around.

These kinds of products are no longer hippy, they're just plain hip. They smell different, but in a good way. It's only when you let one of these subtle mixed flavours settle onto your skin that you realise just how synthetic the perfumes and colours of other creams are. They're often a bit more expensive, but it's a touch of luxury that will last ages. Try one — they're so gorgeous that they're a great way to ease yourself into the world of toxin-free beauty.

Suspect chemicals used in cosmetics include anything petrochemical, parabens, formaldehyde, coal tar, perfume, sulfates, artificial colours and

any nano-particles. It's very hard to create saleable products which are 100 percent natural, but the companies that are trying their best are often the ones who'll list their ingredients in full (and in plain-as-possible English). Watch out for products labelled 'natural' with 50 different chemicals listed on the side! All these are only proven harmful in large quantities, but if you think about the amount of different products you put on your skin (the body's largest organ) each day, you can see why people are looking for alternatives.

Green People Vita Min Fix

This is a rich, non-greasy, organic, alcohol-free 24 hour cream packed with natural vitamins and antioxidants (pro-vitamin A, seaweed and green tea). It's like having a daily tablet for your face! It won't make your skin feel greasy as it regenerates and nourishes. £12.99 for 50ml.

Boots Olive, Wheatgerm and Honey Body Butter

The smell is quite strong, so I recommend checking before you buy it; personally I love its floweriness, it smells rather exotic for such down-to-earth (and organic) ingredients. Thick but not too gloopy like some, it glides on and you can tell the bits you've missed by the softness of the rest. This is the perfect mid-price body butter. £6 for 200ml.



Burt's Bees Carrot Day Cream

This is my absolute hands-down favourite. Carrot seed oil itself smells a bit odd but, along with whatever else they've hidden in this miracle cream, it is divine. This is one of those times you really realise how synthetic other perfumed products can be. One pot will last ages so it's actually very good value. £14.50 for 2oz.

Aloe Vera Night Cream

This has a very light, almost neutral smell; it goes on creamily but sinks in fast. It doesn't feel all that special compared to the heady luxury of some of the others, but its green credentials and the super-nutrient aloe vera means this really should be a beauty staple rather than a luxury. £9 for 50ml.

The Body Shop Vitamin C Skin Boost

Such a treat for your skin, this is like visiting the local smoothie bar every morning and slathering everything on your face instead of drinking it! It feels like silk and your skin will absolutely gobble it up, whatever its type. The yummy smell always lifts my mood! £12 for 30ml.

Trevalo Sunset Salve

I love Trevalo stuff — it smells amazing! This overnight skin conditioning ointment is typical of the range, a heady mixture of sweet orange and ylang-ylang oils, cocoa butter and beeswax. It's a kind of waxy ointment that you put on at night, it penetrates overnight and makes it your skin feel wonderful. £9.50 for 30ml.