

How to use natural skincare products

Wash

Avoid shower gels with their plastic packaging and water-based ingredients and choose an organic, cold-processed soap instead. They are perfect to use for face and body.

Cold-processed soaps (unlike commercial soaps) hydrate and moisturise the skin and are suitable for all skin types including those affected by eczema, psoriasis, dermatitis and rosacea. They are never drying.

If you are sensitive to essential oils then choose a fragrance-free option such as Rather Lovely Purity.

Natural cold-processed soaps are extremely economical in use, come with minimal packaging (the Rather Lovely range is packaged in biodegradable cellophane from wood pulp) and are completely waste-free. Simply lay the last slither of a bar on top of a new bar and moisten with water slightly to adhere them together before next use.

Cleanse

If you prefer to cleanse the skin rather than wash it, then a natural oil-based cleanser is the best option. This applies whether your skin is oily or dry, as pure, high quality vegetable oils both moisturise and balance out sebum production.

Using an oil-cleanser in the evening negates the need for a nighttime Moisturiser. The skin undergoes a natural detoxification overnight and heavy night creams interfere with this process.

When using an oil-based cleanser, moisten the cotton pad with water or a floral water first to stop all the oil absorbing into the cloth.

Tone

Organic hydrolats (also known as floral or flower waters, or skin tonics) are the best natural toners for the skin. They freshen it after cleansing or can be used as a light cleanser in their own right. There is a floral water for everyone – rosewater is suitable for all ages and skin types. It naturally moisturises the skin (unlike normal water which has a drying effect), has hormone-balancing properties so is particularly good for women, and smells divine. It is also useful for soothing cuts, grazes and insect bites and stings. Witch hazel has a more astringent effect so is suitable for oily skin. It is effective for reducing the redness and inflammation of acne, blemishes and cold sores. Lavender water is naturally antimicrobial and a gentle astringent. Perfect for use in the evening for its relaxing properties.

Tone the skin after cleansing or use a hydrolat as a refreshing spray and perfume.

Moisturise

Oil-based moisturisers and balms can be used for the face and body and suit all skin types even oily ones. Moisturising facial oils are often referred to as serums.

Facial balms and serums should be applied in very small amounts. Leave them to absorb into the skin for a few minutes before applying any make-up over the top.

The Rather Lovely Organic Serums are especially formulated for effective use throughout the different seasons of the year.

Purity is pure, organic, cold-pressed rosehip seed oil (with a small amount of natural vitamin E as a preservative). Rosehip oil is the only oil that contains retinoic acid (vitamin A), which helps protect the skin from UV damage, and has been shown to slow signs of aging. In addition it encourages healthy skin cell production, protects against infection and helps to smooth out

wrinkles. It is very effective in evening out skin tone and fading scarring. This is the best serum to use for very sensitive skin and those affected by rosacea. It can be used all year round.

Spring/Autumn serum is a blend of organic rosehip seed oil and organic avocado oil. Avocado oil is a superb emollient (skin softening agent) that penetrates the skin well and restores flexibility and elasticity. Organic lavender and frankincense essential oils are added for their skin enhancing properties and beautiful aromas. Suitable for all skin types including sensitive and those affected by eczema and psoriasis.

Winter serum contains a blend of oils including jojoba, a heavier oil that nourishes the skin and provides protection from central heating and cold weather. It is subtly scented with organic sandalwood, mandarin and lavender essential oils.

Summer serum is the lightest blend and contains organic sunflower, avocado and marshmallow root oils. It is naturally scented with organic lavender essential oil, which has a natural (but low) sun protection factor.

Minimise facial balms will be available from early 2020.

A natural skincare regime using oil-based products should be as follows:

Morning – wash the face with cold water with or without soap, or tone with a hydrolat of your choice (rosewater sensitive, young or mature skin, witch hazel for oily skin or lavender water for all skin types).

Shower and cleanse using a natural cold-processed soap.

Apply a facial serum or facial balm. Wait for a few minutes before applying make-up.

Apply a body moisturiser (balm/butter) to slightly damp skin.

Evening – use a natural oil-based cleanser to remove make-up and to cleanse the skin. Tone with a hydrolat of your choice. Only apply a moisturiser in the early stages of this regime if absolutely necessary. The skin needs to detoxify overnight and can perform this function best if left to its own devices. The cleanser will provide enough moisturiser for the skin to be comfortable. However this may feel strange if you are used to using a night cream in which case gradually phase it out over a few days.

Avoid harsh wipes and alcohol-based products. Witch hazel can be applied to individual spots if necessary.

Leave skin free of make-up as often as possible.