



Buzzwords

NATURAL This term can be misleading (it's not regulated), but it should refer to substances derived from non-synthetic sources. When in doubt, check the ingredients list, or look for specific certifications such as the one from the Natural Products Association.

ORGANIC Another blanket term, *organic* can refer to all, or only some, of the ingredients. Check for government certifications, such as USDA Organic and Biologique Canada Organic, or reputable companies, such as Certech and Ecocert.

PARABENS Found in some cosmetics, this preservative can mimic estrogen and interfere with your body's hormone levels.

PHTHALATES These chemical plasticizers have provoked criticism for their suspected effect on hormones.

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A more natural you

Embrace Earth Month with eco-friendly products to suit your inner environmentalist.

by Kate Daley | photograph by Tracy Shumate

1 | Yves Rocher Culture Bio Wake Up Body Lotion is Ecocert certified and contains 98.8 percent natural ingredients. \$20 (200 mL). **2 | Saijojo Daily Goodness Uplifting Eco Styling Foam** is free of petrochemicals and parabens, contains essential oils and is biodegradable. \$25 (210 mL). **3 | Consonant Body Ultra Moisturizing Organic Face Cream** hydrates skin with grape-seed oil and other plant ingredients, without sulphates, parabens, phthalates or dyes. \$54 (60 mL). **4 | Physicians Formula Bamboo Compact and Silk Face Powder** contains bamboo silk, is 90 percent natural and is free of parabens and harsh chemicals. The refillable compact is made of 100 percent naturally sustainable bamboo. Compact and brush, \$10. Powder, \$14 (9.5 g). **5 | Burt's Bees Targeted Spot Treatment** uses naturally derived salicylic acid, along with parsley and tea-tree extract to banish blemishes without parabens, sulphates or artificial fragrances. \$15 (7.5 mL). **6 | Weleda Skin Food** is a multi-tasker that soothes blemishes, cuticles, lips and feet with calendula and chamomile, while being free from synthetics, perfumes and colours. \$13 (30 mL). **7 | Kiehl's Açaí Damage-Protecting Toning Mist** is Ecocert certified, has 76 percent organic ingredients and is rich in antioxidants from the Brazilian berry. \$34 (120 mL).