

Natural Skin Care Products Natures Choice

Many people avoid chemical and over the counter medicines in favor of natural skin care products. Non-natural products can contain a lot of confusing ingredients and some people are simply concerned about applying something they know nothing about to their skin. Or you could just beware of the tendency of some products to irritate the skin by containing chemicals like alcohol which are drying and harsh. There are many natural skin care products being sold both online and offline which are available to those who wish to try alternative ways to care for their bodies. Though the FDA doesn't regulate the sale of skin care products or cosmetics so you may be buying something that's too strong or that doesn't have an allergy warning label on it. It is best before using a product that you rub a small dab on a sensitive area such as the skin of your inner elbow and wait a day or so to see if you've developed a reaction to it. A reaction would be itching or red skin. If you have a reaction pass on using the skin care product because you may be allergic to one of the ingredients. It's always possible to make your own home skin care products. You can pick up a simple base lotion at the store and add a few drops of essential oils like rose hips, or add some Aloe Vera gel fresh from the plant. Essential oils are very strong so be sure not to add more than a drop or two at most to a full bottle of lotion or cream. You could end up making a product yourself is much too strong for the delicate skin tissue. Many websites have directions for making your own natural products with names like Yummy Tropical Butter and Peppermint Cucumber body cream.

About the Author

Providing the scientific basis for effective conservation, NatureServe and its network of natural heritage programs are the trusted source.

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