

THE BEST NATURAL ORGANIC BEAUTY PRODUCTS

I love beauty products as much as the next woman. What I don't love, though, are all the [chemicals, preservatives and other garbage](#) added to a majority of these products on the market. We put so many toxins into our bodies on a daily basis through the food we eat, the beverages we consume, pollution, and electromagnetic frequencies, why add to that level of toxicity with the stuff we put ON our



bodies? There are so many awesome, natural brands out there these days that there is really no reason to spend a fortune on department store brands....especially when most natural organic brands are a LOT less expensive and the results you get are the same – if not better – than their unhealthy counterparts. It takes time finding the products that work best for you. I recently saw an article where [Miranda Kerr shares her favourite KORA Organics products in an interview](#), which I thought was extremely interesting and worth a read! I have found that when buying products like the ones I will discuss with you, it is important to take time out to read the reviews that other people have written about them. If you [get google reviews](#) coming up for the products you are looking at, it gives reassurance that the products you are looking at are real and you can start to find out about other peoples experiences.

Now...it's time to ditch all those toxic skin, hair and body products and try these instead. Here are my favorite natural product companies and why I love them so much*:

[PACIFICA](#) – While I have not tried their makeup or skincare, I absolutely LOVE their amazing smelling perfumes and body washes. You will not believe that these are all natural – until you realize you don't have the blinding headache you get from the commercial stuff anymore. You will also be thrilled with the low prices!

What to try:

- [Hawaiin Ruby Roll-on Perfume](#) for a delicious, fruity scent. Don't blame me if you look weird sniffing your wrist all day.
- [Kona Coffee Body Scrub](#) – the scrub you will literally want to eat in the shower, it smells like the best coffee you ever had!

[WELEDA](#) – For those of you who love moisturizing body washes and body creams, this one is for you. Rich smelling, lathering body washes and lightly

scented creams feel and smell amazing. Weleda also has some of the best skincare products for babies.

What to try:

- **Skin Food** for ultra dry skin on knees, elbows and hands; has a light citrus scent.
- **Arnica Oil** for massaging in to tired, achy muscles; take it with you when you get a professional massage and tell them to use this instead! Sounds weird, but I do it all the time and even got a massage therapist to start using it in his practice.
- **Calendula Shampoo and Body Wash** for baby – a little more expensive than Johnson's, but SO much better.

ANDALOU – Beauty products with 70% organic ingredients, I especially love their facial skincare products. Very inexpensive, this product line is great for teens or those on a budget.

What to try:

- **BioActive 8 Berry Fruit Enzyme Mask** – Who doesn't want to smell like a bowl of berries while relaxing with a facial mask?
- **Pumpkin Honey Glycolic Mask** – this one stings a little but in a good way because you know it's working! It makes a tired face glow, so if you're a Mom like me you might want to have a few of these on hand. ☐
- **Chia and Omega Scrub** – my husband's favorite facial scrub, he keeps accusing me of using it up, but I'm partial to my Yum scrub (see below) so I'm innocent, I swear!

NATURES GATE – Another company with a long list of natural products, I really enjoy their shampoos and conditioners. Some of them do not smell all that great, so definitely try before you purchase but the ones listed below are excellent and do not have that problem.

What to try:

- **Lemon and Clary Sage Volumizing Shampoo** is fantastic for very fine hair and/or hair that lacks volume. I use this on my youngest daughter who has fine hair and have really noticed a difference.
- **Pomegranate Sunflower Hair Defense Shampoo and Conditioner** is excellent for color-treated hair.
- **Aloe Vera Moisturizing Shampoo and Conditioner** is perfect for thick hair or normal hair that gets washed often.

YUM – For real beauty aficionados, this gourmet organic skin care line is simply put, the best that money can buy. I love the high quality look, feel and results you get with these products. *Note: for customized recommendations and excellent pricing, purchase this line directly from Rina Deutch, my esthetician at [Eizeh Yofi](#).*

What to try:

- **Adzuki Blueberry Exfoliant**, as I mentioned earlier in the post, is my

all-time favorite facial scrub (I mean “exfoliant”, pardon me! ☹) Your face will feel smooth as silk from this product.

- **Bilberry Leaf Matte Moisturizer** is excellent for normal to oily skin – just the right amount of moisture, without the shine or the weird “too matte” effect.
- **23 Karat Intensive Eye Treatment** does double duty as treatment for lines and dryness as well as having a subtle sheen that wakes up tired eyes. Yep, I’ll need a case of this, please. ☹

[HUGO NATURALS](#) – This company makes their products with with 100% natural ingredients and no toxic chemicals whatsoever.

What to try:

- **Grapefruit Liquid Hand Soap** – Wash your hands effectively but gently, without any harsh chemicals or strong detergents that dry them out.
- **Vanilla & Sweet Orange Shower Gel** – a subtle scent with a rich lather, you won’t miss those chemical body washes.

[UNDA](#) – Not quite a beauty products line, Unda is the company behind many formulas used for **[Biotherapeutic Drainage](#)**. However, I included them in this list as they have several beauty products I could not live without. *Note: Unda products can be purchased [HERE](#).*

What to try:

- **Homeofresh Chlorophyll Toothpaste** – while I’m generally not a fan of the taste of non-commercial toothpastes, this one is the best by far with a refreshing flavor that mimics mint. This toothpaste was designed for people taking Homeopathic remedies as mint can be an antidote for some, but it is widely used in Europe due to its anti-inflammatory, antimicrobial and ability to halt tooth decay with it’s natural plant extracts. Personally I alternate this with regular toothpaste to get the best of both worlds.
- **Calendula Cream** contains Calendula, an ingredient known to heal skin conditions and promote tissue repair. This product is water soluble and can be used anywhere on the body.
- **Cicatrican cream** is a natural alternative to antibiotic creams such as Polysporin. Made with botanicals, it can safely be used as often as needed on all types of cuts, burns, insect bites and minor skin infections.

[GODDESS GARDEN](#) – the best organic, all natural sunscreens for babies, kids and adults; protects from sunburn without the addition of toxic chemicals.

What to try:

- **Sunny Face Natural Facial Sunscreen** – finally, a facial sunscreen that doesn’t feel icky or smell weird.
- **[Sunny Kids Natural Spray Sunscreen](#)** – stop chasing the kids around to rub sunscreen on them and just spray them while they’re arguing with you that they don’t need it – yes, they still have to rub it in, but they’ll

have no choice once you got it all over them. You're welcome ☐

There you have my top natural organic beauty picks but keep in mind that there are many many more organic, plant based beauty product companies out there. I'd love to hear about any brands or specific products that you have tried and what you thought of them!

**Please note:* I have not been compensated in any way for review of the above products. Website links to brands mentioned are non-affiliate; other links are options to purchase online directly from Real Health and Fitness.
