

# THE BENEFITS OF NATURAL COSMETICS

The benefits of natural cosmetics for health and, in particular, for our skin, are very numerous. Natural cosmetics are very effective for the care of the skin, with stable and lasting effects if they are acquired items of the best and most contrasted brands. Among the advantages of the use of these products for our skin include:

**Oxygenation** The active principles of natural cosmetics help to oxygenate the skin, finishing with its opaque and dull appearance and nourishing the dermis. This is how a non-intoxicated and healthy skin is achieved.

**They do not produce allergies.** In front of the allergies that can originate the use of industrial products, the natural cosmetics does not provoke allergic reactions when not using chemical components and potentially irritating for the skin. For this reason, these are articles recommended especially for people with sensitive skin or skin problems, such as atopic dermatitis or acne.

**They have no side effects.** On the other hand, industrial cosmetics can cause unwanted effects for health, and even some studies have associated their use with the appearance of chronic diseases. They delay the aging of the skin. This is due to its antioxidant properties. Returns the luminosity. Natural cosmetic products help improve the overall appearance of the skin.

On the other hand, natural cosmetics products also have benefits not directly related to their effectiveness on the skin, but with respect for the environment and nature:

**They are not tested with animals.** In this way, no animal suffers or is mistreated for its elaboration. Nor do they use raw materials from animals. They are fair trade items. In many cases, these are fair trade products, which help local economies while respecting the environment.

**They protect the environment.** Its preparation has a minimal impact on the environment, reducing pollution by not using chemical products. In addition, they have no impact on marine fauna and flora. Moreover, all products that are really natural cosmetics, have the BDIH certification, which ensures minimum quality standards in all products.

If you want to know the benefits of the revolution in the world of personal beauty, you can opt to try the benefits of organic and natural cosmetics.