

Self Love First. 5 Reasons to Break Up with Your Makeup

Ditch the Toxic Chemicals
Organic Makeup & Skin

COMMON CHEMICALS THAT ARE MAKING YOU AGE FASTER

OUT WITH THE TOXIC, IN WITH THE ORGANIC

SUPERFOODS THAT TURN BACK THE CLOCK ON YOUR SKIN

WHAT IS YOUR FACE REALLY SAYING?

MAKE IT YOURSELF LIPS

Break Up with Your Makeup

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In this current day and age makeup has an immense influence on young girls, women and some men all around the world. It has become one of the highest selling products on the market. What does this mean? What kind of impact is this having on the development of our self-worth and more importantly what is it doing to our health?

Makeup has become a mask rather than an enhancement of ones true self, something to hide behind. It has disconnected us from our true selves, from self love and self confidence.

My belief on what makeup should be, is that it should be used as a way to enhance the natural beauty that one has. Beauty should be felt with or without it on. NOT something that is toxic or poisons to us or other living creature on this Earth and that is NOT tested on animal.

I believe that all women should be equipped with the knowledge of how to do their makeup nicely, whether they choose to wear it everyday, only for special occasions or not at all, using only the most organic and natural products.





COMMON CHEMICALS THAT ARE MAKING YOU AGE FASTER

We have all been victims of the cosmetic industry. An industry that only seems to have countless negative impacts on us and this beautiful earth. And at what cost? For false beauty, sickness, premature ageing and harm on animals.

NO MORE, WE NEED TO BRING AWARENESS AND CHOOSE A HEALTHIER WAY!

Ingredients to Avoid

Paragons, Diethanolamine (DEA), Coal Tar Dyes, Fragrance, Triclosan, Butylated hydroxytoluene (BHT) and butylated hydroxyanisole (BHA), methenamine, quarternium-15, diazolidinyl urea, imidazolidinyl urea, and DMDM hydantoin, Preservatives Releasing Formaldehyde, Polyethylene glycols, siloxane, methadone, petroleum, Sodium Laureate Sulfate, Dibutyl Phthalate, Phthalates, Nanomaterials, Talcum powder, Lead acetate, UVfilters, Resorcinol, Toluene, methylchloroisothiazolinone (MCI).



How are these common ingredients effecting us?

There are many different chemicals out there and these are just a few of the most commonly used ingredients. How do they effect us? Do we need to be concerned for our young? To answer your questions, here are just some of the studies of what and how these ingredients can bring harm to us. I also highly suggest to do your own research as there are endless chemicals that are hidden in our everyday products and most of which have many different names for just one ingredient.

Parabens: A preservative used in many products to protect against bacteria growth, Parabens is synthetically prepared derivatives from petrochemicals. It effects the estrogen in the body and researchers have found that 99 percent of the tissue samples collected from women with breast cancer contained at least one paraben. Due to the help risks parabens have been banned by the Danish governments to name one, however No Parabens have been banned in Australia!

Polyethylene Glycols: Suspected as carcinogens this is classified ethylene oxide as a developmental toxicant because evidence indicates that it may interfere with human development

Butylated Hydroxyanisole (BHA): BHA is classified as a possible human carcinogen by the International Agency for Research on Cancer. It interferes with hormone function and endocrine disruption.

Fragrance: Are in nearly every type of personal care product, even those labeled as “unscented. 75% of all people with asthma have a negative reaction. Fragrances have been linked to neurotoxicity and cancer. What is even scarier many of these fragrances ingredients haven’t been tested for toxicity levels

Siloxane: This is used to make product moist or soften. They have also been linked to endocrine disruption and reproductive toxins that may impair human fertility.

Methylisothiazolinone (MI) & Methylchlorisothiazolinone (MCI): This is found in wet wipes, including baby wipes, deodorants, moisturising lotions, cosmetics, body washes, skin cleansers and sunscreens. Reports have shown that nappy rash may be cause by this. These ingredients have been banned in leave-on products.



OUT WITH THE TOXIC, IN WITH THE ORGANIC

Times have changed and there are now an abundance of organic foods places, organic products and holistic health centres. People are becoming aware of holistic health. The shifts are taking place and holistic health is no longer in the dark.

Though many are making positive health changes there are many that are forgetting about our most absorbent and largest organ of the body, the skin.

Our Skin is calling for help and simply cannot bare any more toxicity!

Complete the full circle of Holistic Health with Organic personal care, makeup and skin care.

We go to the effort of eating organic then put chemical filled products on our body and face, which does not get the opportunity to be filtered like our digestive systems, all of the toxicity goes straight into the bloodstream.



What Does ORGANIC Mean to you?

Is the quality of Organic makeup just as good?

I am here to make it as simple as possible!

With over 11 years in the industry of beauty & makeup and 7 years of holistic wellness experience, I am so very happy to say that the awareness of holistic toxic free products are becoming more and more known. There are many brands out there that are organic and natural, with more and more coming out every few months. YAY SUPER EXCITING!!



FRUIT DYED MAKE UP

100% Pure uses real fruit pigments full of antioxidants that leaves the skin glowing and healthy.

How can I help, you ask?

Well, with all the experience I have gained over the years, I have searched high and low to find the best available so far in my professional option, when it comes to all the different organic makeup brands and their various usages. There are still many more to be discovered and I am confident that I will get around to them, but for now... This is my list and of course my favourites. Now there are many different skin types and everyone prefers different types of textures, however these are the ones I have found to love.

My Favourites

Primer

- ~ Jojoba Oil (let it adsorb into the skin first or mix with your foundations)
 - ~ La Mav Organic Skin Primer
 - ~ Inika Pure Primer
 - ~ Zuii
- ~ the OrganicSkin Co Primp n' prime (I use this even when not wearing any makeup for a natural glow)
 - ~ 100% pure Mattifying Primer
- *tip BB Creams & CC cream normally have a primer base to them as well so you don't have to wear both.

Powder

- ~ RMS Beauty "un powder"
- ~ Eminence Organic pressed powder
- ~ Inika pressed & loose mineral powder
- ~ Young Blood loose mineral powder
 - ~ Jane Iredale pressed powder
 - ~ Eco Mineral loose powder

Blush

- ~ Jane Iredale
- ~ Inika
- ~ RMS Beauty
- ~ Young Blood
- ~ Lily Lolo
- ~ Ere Perez
- ~ Benecos
- ~ Eye of Horus

Highlighter

- ~ 100% pure
- ~ Inika
- ~ Kora Organics
- ~ RMS Beauty
- ~ Eye of Horus
- ~ the OrganicSkin Co
- ~ Ere Perez

Brows

- ~ 100% pure
- ~ Eye of Horus (this is my top favourite for brows)

Base Foundations

Medium to full coverage

- ~ RMS Beauty "un-cover up" (dewy)
- ~ Inika Liquid mineral (semi-matte)
 - ~ 100% pure 2nd skin (satin)
- ~ Ere Perez Oat Milk (semi- dewy)

Light to Medium coverage

- ~ Lavera BB Cream acai 6 in 1 (dewy)
- ~ Eminence Organic Tinted Moisturiser (dewy)
- ~ Organic Spa tinted Moisturiser (dewy)
 - ~ 100% pure BB cream (dewy)
 - ~ 100% pure water foundation (dewy)
- ~ Eye of Horus skin serum (semi- dewy)
- ~ Ere Perez quinoa water (dewy)

Bronzer

- ~ Inika baked mineral sun kissed
- ~ 100% pure cocoa bronzer (only brand that had a very dark shade for summer)
 - ~ Lily Lolo pressed bronzer
 - ~ Ere Perez rice bronzer
 - ~ Eye of Horus

Eye Shadow

- ~ Inika
- ~ Eye of Horus
- ~ 100% pure
- ~ Lily Lolo
- ~ Ere Perez
- ~ Zuii

Concealers

- ~ Inika
- ~ Eco Minerals
- ~ Ere Perez
- ~ Eye of Horus

Lips

- ~ Eye of Horus
- ~ 100% pure
- ~ Inika
- ~ Luk Lip
- ~ Bite Beauty
- ~ RMS Beauty
- ~ Ere Perez

Eye Liner & Mascara

- ~ Inika
- ~ Eye of Horus
- ~ 100% pure
- ~ Ere Perez

SUPERFOODS THAT TURN BACK THE CLOCK ON YOUR SKIN

Beauty from the inside out. Is this not what we want? To have the beauty working from the inside, absorbing through our skin and bodies for true divine health, beauty and longevity.

Do you know what the superfoods do for you? Are there other things we need for beauty?



When I look at my life and ask what does my body need to thrive and be able to adapt to the modern world and its changes. To have the beauty and anti ageing properties that I want for longevity for my body, my temple.

I turn to superfoods and super herbs, essential oils, exercise, clean spring water and sunlight, fresh organic seasonal foods, spiritual practices, expressing my emotions healthily and conscious relationships.

These are a few of the fields I consider to have the vitality I have and the best part is to keep me feeling and looking young.

How do we stay young? What should we be putting on and in our bodies?

What are the best superfoods for the skin and youthfulness?

The Beauty Superfoods

Our wonderful earth mother has given us everything we need to have health, connection, longevity and beauty we need to listen to her and truly see her for the amazing home she is to us.

A few Superfoods and their benefits:

Cacao

Yes, ladies that means chocolate is actually good for us. Now lets not get confused with Cocoa as this is not good at all and can cause a lot of break outs. However Cacao on the other hand is full of zinc, calcium, protein, antioxidants, anandamide and loads more. One of the most beneficial foods available for youth and longevity.

Goji Berries

This small powerful berry is known as an adaptogen. This means the goji berry can strengthen and support the body's immune system. It has four times more antioxidants than a blueberry which keeps your liver clean, in turn translating into clear glowing skin and smooth and shining hair.

Maca

A wonderful root from Peru that has the ability to balance your glandular hormonal system, nervous system, cardiovascular system and muscular system. With the big help of balancing our hormones this can improve many health issues we suffer from. Hormonal acne anyone feeling difficulty taking control of?

Hemp Seeds and Oil

Hemp is the best source of complete protein, also has the highest essential fatty acids. Hemp is abundant in more than 20 traces of minerals and the 4 essential beauty minerals, silicon, sulfur, zinc & iron. You can also use the oil on your skin for fine lines which will not clogged your pores and can also be use on your hair as a treatment.

The Beauty Superfoods

Continued...

Coconut Oil

Good fat is where it is at. Made up of approximately 90 percent medium - chain saturated fats. Nourishing our cells, supports healthy cholesterol formation in the liver and raises levels of progesterone, know as the "beauty hormone". Progesterone improves circulation to the skin, giving us a natural face lift by tightening and improving loss of elasticity.

Need I say more?

This great oil should live in every area the house.

Here are some of the best uses for coconut oil.

- lip balm
- makeup remover
- hair tamer
- hair treatment
- shaving cream
- smoothing scars
- moisturising dry skin
- sun screen (very low %)
- sooth sunburns
- lubrication (yes that's right for the bedroom)
- cooking oil
- oil pulling
- baking
- raw treats



WHAT IS YOUR FACE REALLY SAYING?

What are our faces really saying? We have heard when it comes to weight loss "you are, what you eat," but have we ever thought about our skin in the same sense?

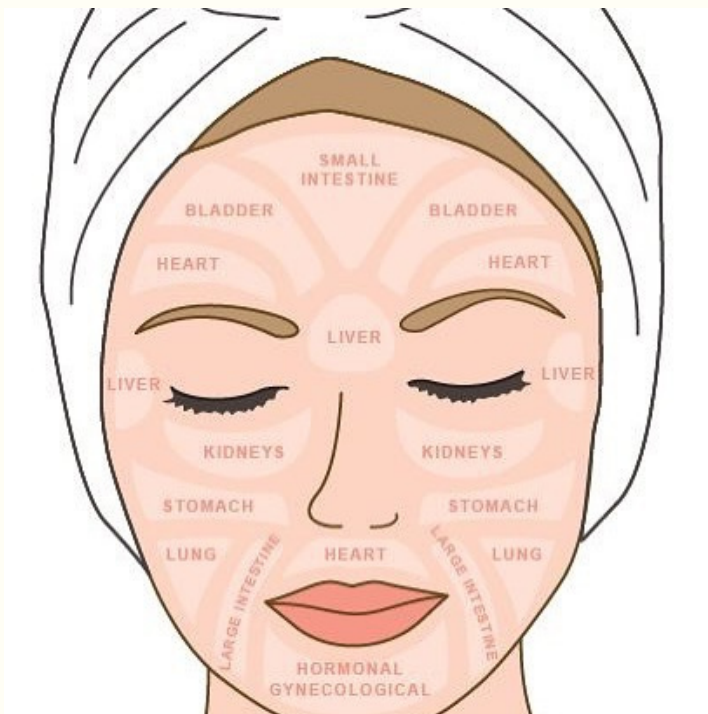
Our skin is made up of many difference layers and cells. To have great skin we also have to look at what is on the inside that is portrayed on the outside.

Have you ever heard of face mapping? Don't just decorate the surface, Do you have an understanding of your skin and layers? What Essential Oils are best for our skin?

Face Mapping

Face mapping is a simple but effective way to show you what is going on in your body. This is based from the ancient Chinese wisdom that belief that energy Qi, flows to and from organs. They believed that each section of your face is directly connecting to different specific bodily organs. This tells us that imbalances in the body are evident via the specific section of the face through the presence of acne, redness, dryness or other skin conditions.

*Omitted from the image are, the kidneys, adrenals which are shown via the ear area. Elimination and lymphatics are shown via the neck area. Bladder is shown via the top of the head or hair line.



Know your skin

The best way to achieve great looking skin is to know your skin.

By now I hope you have a more thorough understanding that what you are eating and your lifestyle choices both play big factors in achieving exceptional skin. But I'd also love for you to know each area of your face like the back of your hand.

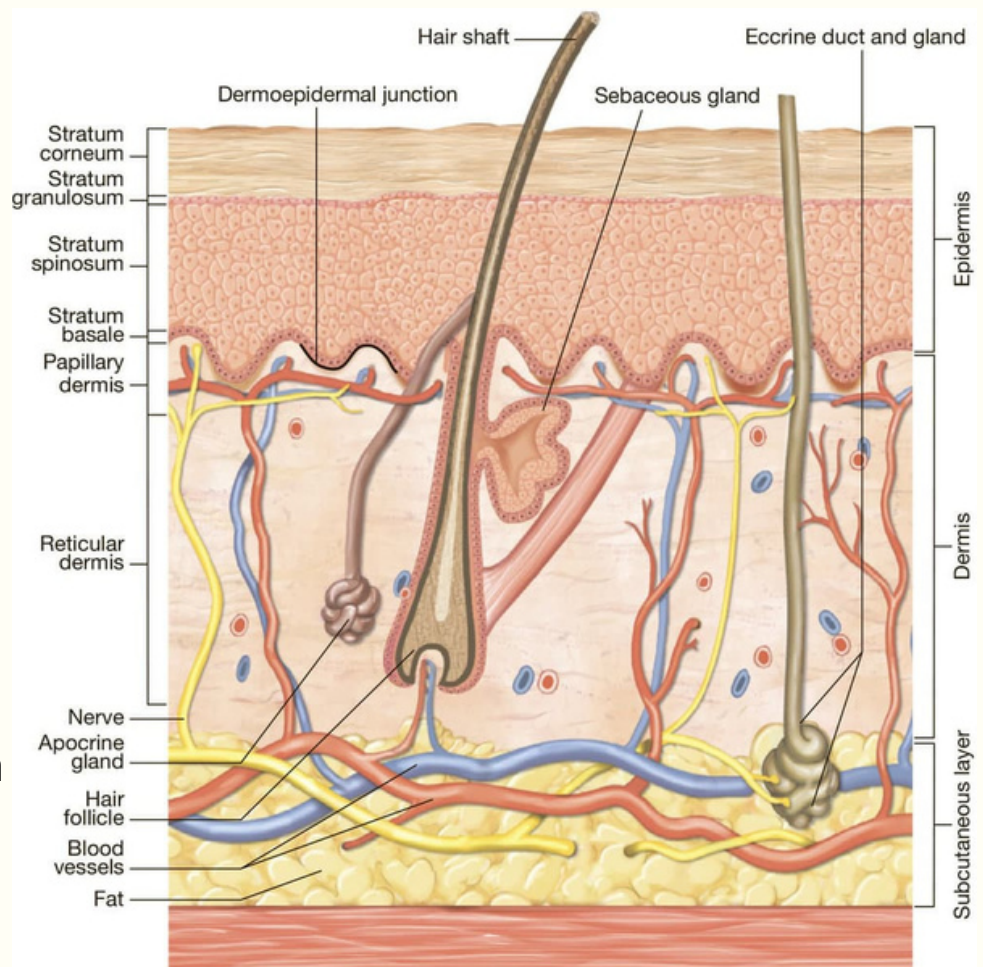
Having this knowledge will become extremely useful when you are feeling a cold coming, when you are over stressed or might be time for a detox.

This will help you with vitality as you will see it in you skin.

Our skin has three layers.

Epidermis, Dermis and Hypodermis (subcutaneous), each of these layers has very important functions and work together to protect us, aids in elimination and renew our skin cells.

As you can see in the digram you will notice which layers of the skin hold each important function.



Essential, essential oils

Essential oils are some of the best, holistic and natural way to care for your skin. With the highest quality of oils you can achieve amazing results Essentials oils treat many kinds of skin issues, burns and have many more beneficial uses aside from skin care.

Top Suggestions for skincare + Skin affects of the oil

Bergamot = Cleanse

antiseptic and antiviral great use for cold sores, spot treatment on pimples and to even settle stomach stresses

Cypress = Tighten

astringent, anti perspiration, puffy eyes, capillaries, varicose veins

Frankincense = Restore

soften fine lines, rejuvenating, healing, slackened skin

Geranium = Balance

rejuvenating, alleriges, chickpox, anti fungal

Jasmine = Soften

irritated skin, dry skin, sensitive skin, dull skin

Lavender = Heal

itchiness, psoriasis, sunburn, burns, scars, insect bites and stings

Essential, essential oils

Continued..

Lemon = Astringent

strengthening immune system and great for lightening pigment spots

Orange = Unclog

softens thickened skin, unclogs pores and congested skin

Roman Chamomile = Soothe

calms red blemishes, allergies, soothing and calming

Rose = Hydrate

rehydrates, sensitive skin, stimulates cell production

Rosemary = Stimulate

decongest skin, detoxing, liver cleansing, great for aches and pains and increase blood flow



Sandalwood = Strengthen

regeneration, eczema, promotes elasticity, weaken skin

Tea Tree = Anti-spetic

once, infections, fungal infections, spot treat pimples

Vetiver = Restore

firming, deep nourishment to skin, soothing, dehydrated skin

Make it yourself lips

Make your own lip balm tint. Here you will have your very own homemade natural lip balm.

When it comes to organic care for you and your home, you want the best. The great thing is, essential oils are amazing for creating your own products as well.

What you will need?

1 tsp Coconut oil

1 tsp Beeswax

1/2 tsp Jojoba oil

Beetroot powder

1 tsp Shea Butter

Small lid tight container

Essential oil of your choice...

(great options for lips peppermint, cinnamon, rose, jasmine, lavender and orange)

Step 1.

In a small sauce pan place some water, turn on the stove top and then place a metal bowl over the top so you can melt your ingredients.

Step 2.

Place the coconut oil, shea butter and beeswax into the bowl and melt, once melted add the beetroot powder. The more you add the darker and deeper in colour your tint will be.

Step 3.

Take off the heat and now add your choice of essential oils and jojoba oil.

Step 4.

Pour into your little containers and let it set. Once completely set, it is ready for use.

A Final Note

Breaking up with your makeup is no easy process. It involves courage and emotional strength. It is about creating a lifestyle and Holistic change.

The good news is, I am here to help you along the way. With my guidance you can move closer to living happy, healthy, conscious and more connected to yourself.

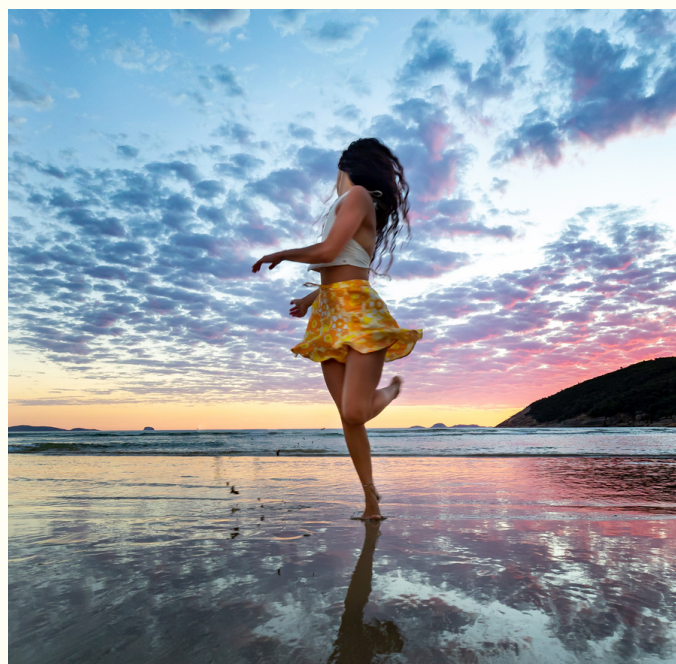
Holistic living is just around the corner for you.

Remember to stay connected to your heart and the beauty that you are.

Look up to the sun and moon for healing.

Mother nature is always there for us.

With All my love
Thank you
Christina Cerone



Stay in touch

I invite you to share with me, your personal journey. Please stay in touch and let me know how your process is going.

Ways I can support

- ~Organic makeup and make overs
 - ~Cosmetic bag detox
 - ~ Skin Consultations
- ~Intuitive Energy Healing
- ~Holistic Lifestyle Coaching
- ~Holistic Detoxification

Contact me and lets chat about how I can support you.

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