



### Claire's Organic Buys

(1) Eye Wonder, £48  
[oskiaskincare.com](http://oskiaskincare.com)

"An eye cream is so important. Look for ones that reduce fine lines and dark circles."

(2) Chantecaille Future Skin Foundation, £60 ([spacenk.com](http://spacenk.com))

"This has a gel base and gives great coverage without looking too heavy."

(3) Cell Revitalise Day Moisturiser, £42 ([aureliaskincare.com](http://aureliaskincare.com))

"This smells gorgeous with jasmine, plumeria, tuberosa and mandarin."

(4) Davines Wellbeing Shampoo, £14.90 ([cultbeauty.co.uk](http://cultbeauty.co.uk))

"This keeps my hair really healthy. Opt for a sulfate-free shampoo as foaming agents can cause dryness or irritation on your scalp."

(5) Miracle Cleanser, £34  
[aureliaskincare.com](http://aureliaskincare.com))

"An absolute must-have. It is soothing, hydrating yet extremely effective."

(6) Jax Coco Coconut Oil, £8.79 [ocado.com](http://ocado.com)

"I leave this on as a mask when my hair is dry or damaged and use it on dry elbows and knees."

(7) Enzyme Peel Mask, £49.95  
[theorganicpharmacy.com](http://theorganicpharmacy.com)

"I like using an enzyme mask for smoother, brighter skin."

**Organic and natural beauty products can be targeted to help with every major skin concern.**

The root cause of premature ageing is excessive inflammation, which we regulate using naturally-derived probiotic technology. Two of the most asked-about ailments are acne and eczema. I would always advocate a creamy cleanser that works effectively to thoroughly clean the skin and to rebalance dryness or oiliness.

#### Try to avoid the harmful ingredients below

- Mineral oil (listed as paraffinum liquidum) is often found in cleansers and leaves a greasy residue on the skin and can cause breakouts.

- Sulfates or SLS (listed as sodium laurel sulfate or sodium laureth sulfate) are synthetic foaming agents which strip the skin of its natural oils causing sensitivity and dryness.

- MI or MIT (listed as Methylisothiazolinone) is a harsh preservative known to cause skin irritation.

- Synthetic fragrance (listed as parfum) can cause sensitivity. Look for natural fragrances like essential oils or flower waters which will be listed in full.

**Spring can bring a bit more normality to your skin** – you might find that you can pare down usage of a facial oil and opt instead for a lighter weight serum to use during the day for an added glow.

**Changing your skincare regime every decade of your life is vital.** In your thirties is when you may see sun-spots so try to always use a minimum of SPF 30 on your face. Make sure you're cleansing well and exfoliating three times a week too. In your forties, staying hydrated and increasing collagen production is key. A potent serum can help do this. Your fifties is definitely the time to start taking extra care as hot flushes caused by the menopause will affect your skin throughout these years. Make sure you use facial oils, serums and specific eye products to boost collagen and elastin.

# NATURALLY DOES IT

Aurelia Probiotic Skincare founder **Clare Vero** talks premature ageing, essential oils and what natural ingredients to look out for

**Switching to natural beauty products is the best thing you can do for your skin.** You'll be avoiding ingredients that can cause imbalance, dryness, sensitivity, breakouts and dullness. I created Aurelia Probiotic Skincare with a strict free-from ingredients policy so that you can be sure to avoid ingredients like sodium laurel sulfate (SLS), mineral oil and silicone. We use beautiful essential oils to fragrance our products instead, which adds benefits because they can help to balance the mind and body.

