

the Green Parent

'The Heart of the World'

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AUG/SEP
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Wild Nature

Kelly and Guy Zaal relocated to Colombia six years ago when they fell in love with the Caribbean coast. Kelly is from the Netherlands, while Guy is from the UK, and their two sons Bodhi, five and Unai, two were born in the jungle



"I run YAY Sustainable, an ecological hotel and retreat centre," explains Kelly. "Guy runs a hostel and foundation that organises activities for kids of the local community. We fell in love with this special place. The indigenous tribes call it: 'the heart of the world'. The nature is so ancient, so pure and still intact. Many river streams come from the snowy mountains of the Sierra Nevada, and flow down to the Caribbean beaches. You find waterfalls and so much wild nature around those rivers. I feel that my purpose here is to contribute towards protecting mother nature for our future generations. Many of us have lost our connection with the earth. At YAY you can reconnect with nature in many ways. We aim to inspire our guests on the topic of sustainability so that they become more conscious about their actions when they head back home."

We work with a regenerative or circular system, so everything that goes in the land we recycle or reuse. Our food is garden to

table - we grow our own food organically for the restaurant with the principles of permaculture and work with local, organic suppliers. The buildings are constructed with local, natural materials like clay, palm and guadua (Colombian bamboo) and the hotel is fully solar-powered. We don't use chemicals; our pool is natural and everything goes back into the land clean.

The thing I love most about my work is gardening; I love being in the gardens, getting my hands dirty. And the kids like to help too! I also love to find green solutions for everything, it makes you more conscious about every decision you make in life. I also love organising workshops at YAY for the local kids. I feel that education about environmental subjects is super important, especially for kids, they're the future!"

More Inspiration

VISIT yay-colombia.com to find out more.



LAND OF ICE & FIRE

Aimee Bracken floats in geothermal pools, steps inside an ice cave and sails through glaciers on a family holiday to Iceland with her two young children ➔



“Grey streaks in the clear blue ice of the caves shows the history of volcanic eruptions”



The magical land of Ice and Fire instantly captivated us all. The boys were fascinated by the mythological tales of night trolls and stories of vikings which swirled around us. The forces of nature in Iceland mixed with the history and folklore created the most enchanting experience with endless opportunities for the boys to learn about our planet and the world around them.

When we arrived in Reykjavík we headed straight for CampEasy HQ (campeasy.com), located just down the road from the airport, to collect our home for the week. Our campervan had two double beds, a small kitchen and a dining table along with warm bedding and a heater. We hired everything we needed, including car seats for the boys, towels, gas refills etc.

With countless memorable experiences and magical places, it was difficult to choose our favourites so we left it to the boys to choose their favourite things from our travels in South Iceland.

GEOTHERMAL POOLS

Heated by nature, Iceland's geothermal pools are the perfect place to relax (even with kids!). The pool we visited was around 38°C so was similar to being in a

bath – the boys absolutely loved it and we spent three hours bobbing around, swimming and relaxing.

We chose to visit the Blue Lagoon (bluelagoon.com), although there are lots of alternative geothermal pools considered to be more off the beaten track, this one offered all the amenities we wanted for visiting with the boys, and it was absolutely worth the price. We had been a little worried about ruining the relaxing ambience but the boys were angels and there was a quiet zone too (which we stayed away from!).

EXPLORE THE ICE CAVES

A visit to the land of Fire and Ice wouldn't be complete without a visit to one of Iceland's iconic Ice Caves. These are dotted around the glaciers and can only be safely visited with an experienced guide. Some caves are only open in winter as they flood in summer, while others are open to visitors year round. We chose to visit the Katla Ice Caves as they were easily accessible and open all year.

We hopped on a huge superjeep with KatlaTrack from Vík. The jeep charged across the rocky terrain, arriving at the entrance to the ice caves twenty minutes later where we suited up with the helmet, head torch and crampons provided. After a short climb, we traversed wooden bridges over the





surging streams and followed our guide through the ice caves. Grey streaks in the clear blue ice of the caves shows the history of volcanic eruptions.

The ice caves are ever changing and shifting as the weather and temperature affects them daily. This means that they are different from one day to the next and why it's so important to visit with an experienced guide or company which regularly checks the caves for safety and repairs bridges and ropes.

ICELANDIC LAVA SHOW, VÍK

Possibly the most memorable part of our travels in Iceland was the Icelandic Lava Show in Vík. This amazing spectacle takes the volcanic sand from a nearby beach which was created by the last Katla volcano eruption. The sand is heated to form back into real lava then poured out for the demonstration; it gets very warm and safety goggles are provided.

The demonstration not only covers the history of volcanic activity in Iceland, but shows the audience how lava flows, how lava tunnels are formed and how different types of volcanic glass and rock are formed. It was absolutely fascinating and the boys got to take home a piece of real 'dragon glass' formed during a demonstration a few days before.

PERLAN MUSEUM, REYKJAVÍK

This state of the art museum in Reykjavík is absolutely brilliant for children to learn more about Iceland... and the world! We would definitely recommend a visit at the start of your trip. The planetarium Aurora show and volcano show run regularly throughout the day and are included in the entry fee, along with the ice cave experience. We loved that the planetarium explored both the mythology and science behind the Aurora, and we thought the man-made 100m ice cave was brilliant... and cold at -15°C! These immersive experiences give a sense of the sight, feel, smell and sound of Iceland in a safe and controlled environment which is perfect for young children to learn and explore.

WATERFALLS OF SOUTH ICELAND

Travel along the south coast section of the ring road to encounter the most amazing waterfalls, you can spot them every few minutes!

Huge cliffs mark the point at which the sea used to meet land before the last major Katla eruption extended the south coast by 4km out to sea. Now instead of flowing straight to the sea, rivers plunge hundreds of feet over the cliff to wind through the lowlands to reach the sea. ↗



"Possibly our favourite waterfall was Skogafoss which greeted us with a double rainbow in its spray"

Seljalandsfoss is a 60m waterfall visible from the ringroad and a beautiful waterfall to visit. There is a path which takes visitors into the cave behind the waterfall. A short walk from Seljalandsfoss you will find a narrow cave entrance which holds the elusive Gljufrabui waterfall. Be prepared to get wet if you explore this one!

Possibly our favourite waterfall was Skogafoss which greeted us with a double rainbow in its spray. It's possible to walk right up to this one and even climb the steps to view it from above. Also featuring a 60m drop, this thundering waterfall is much wider than Seljalandsfoss.

REYNISFJARA BLACK SAND BEACH, VÍK

There are black sand beaches all over Iceland but one of the most accessible and beautiful we visited is Reynisfjara beach, not far from Vík along the south coast ring road.

This is the most dangerous beach in Iceland because of the sneaker waves. If you are careful it can be a great stop for children so keep everyone safe by following the rules advertised. The Halsanefshellir cave is also found here and the boys loved exploring it. The huge basalt columns are iconic and a great learning opportunity! From Reynisfjara beach you can also see the Reynisdrangar sea stacks, which according to legend are actually night trolls who stayed out too late and were turned to stone when the sun rose. The boys loved all the legend and folklore in Iceland!

A short drive from Reynisfjara you'll find the Dyrhólaey Peninsula which boasts a beautiful natural arch and, in summer, lots of puffins!

FJALLSÁRLÓN GLACIAL LAGOON

Glacier walks can be tricky with young children so we chose a slightly easier way to get close to the immense and awe-inspiring Icelandic glaciers. Fjallsárlón Boat Tours ([fjallsarlon.is](#)) provided warm waterproof coats, trousers and life jackets to wear before walking us down to the little RIB boat and heading out onto the lagoon. It was a very cold and wet day but such an unforgettable experience! The boys were captivated by the gentle clinking of ice against the boat and the huge icebergs silently floating by. The minimum age for children was five but depending on height and how busy the tour is they made some exceptions for our four year old.

DIAMOND BEACH, JÖKULSÁRLÓN

Huge icebergs from the Jökulsárlón glacial lagoon are carried along the river and wash up on the nearby black sand beach. The contrast of the huge chunks of ice on the black sand is quite a sight and worth a stop. The boys enjoyed looking at the different colours and formations of the ice.

Aimee is an avid traveller and photographer and mum. She shares family adventures and travel tips through her blog [howiwander.net](#).

GOOD TO KNOW:

Bookmark the weather (and Aurora) forecast from [vedur.is](#) and check regularly for any earthquake, avalanche, volcano or storms in the area you are travelling to.

WHAT TO TAKE:

1. Baby carrier for younger children if you are planning any hikes or any exploration.

2. Layers! The temperature and weather can change quickly and dramatically in Iceland are key. Ideally a base layer, wool layer and a waterproof as minimum. Merino wool socks are a great investment for little feet.

3. Hiking or snow boots: A sturdy pair of shoes is a must – depending on the time of year and activities you may choose hiking boots or snow boots. We went with snow boots in winter and it was perfect to keep little feet warm and dry.

4. Iceland is expensive compared to the UK, and a lot of other countries. Take as much as you can along with you to avoid buying when you're there.

5. If you do forget anything, Reykjavik's supermarkets will have everything you need. Outside of Reykjavik, options are more limited so best to stock up in the city, or stop by towns such as Vík. If you have chance to visit an Icewear store you can even pick up a nice Icelandic sweater!

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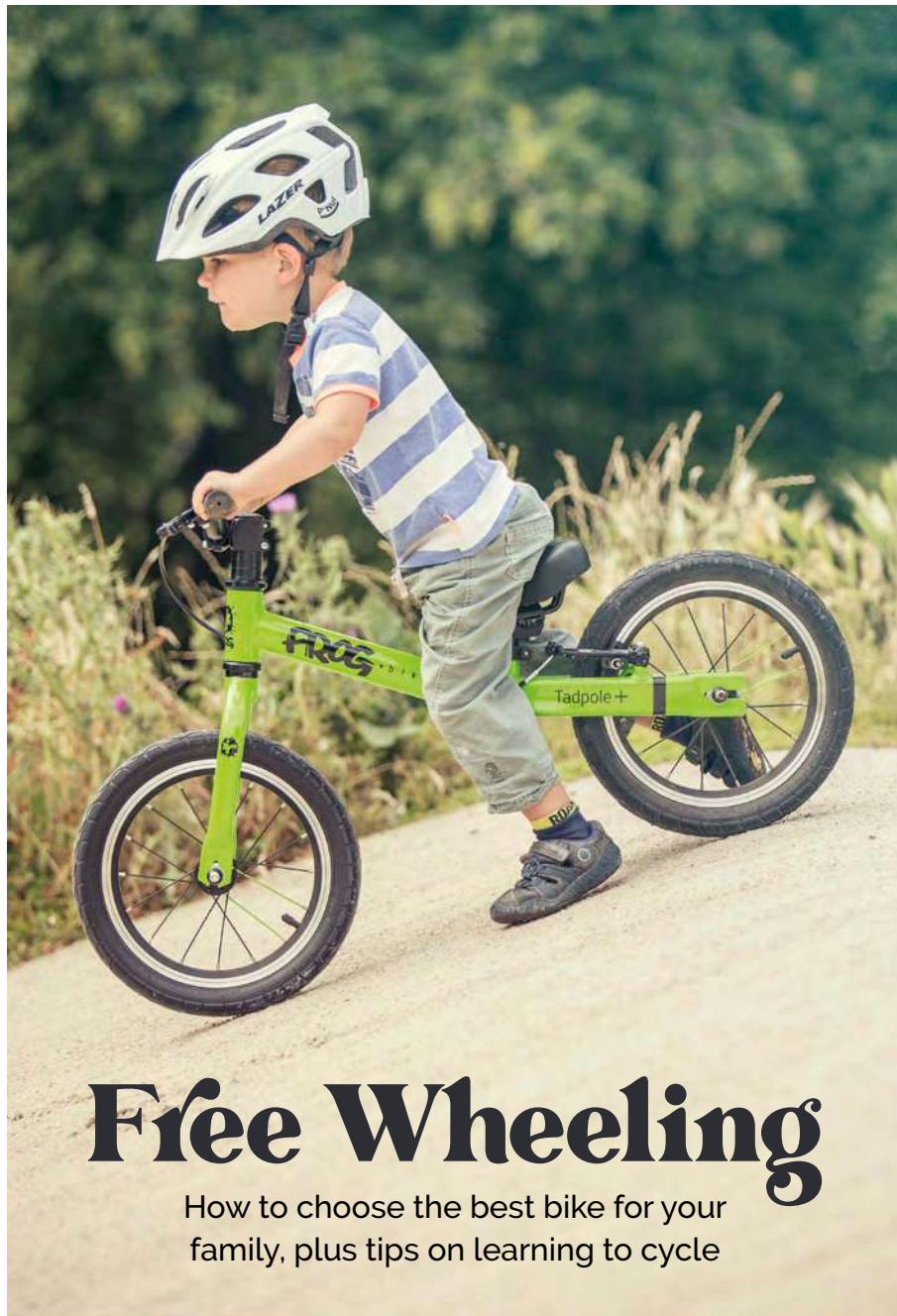
"You were so generous with your time, so warm and engaging throughout. You have a beautiful presence and a clear passion for it and I think that's what made the course so successful."

You made it such a safe and lovely environment.

Thank you so much for all the energy and warmth you brought to it!"



www.kirstypakes.com



Free Wheeling

How to choose the best bike for your family, plus tips on learning to cycle

F

irstly, finding the right bike for your child is important. A lot of lower-priced children's bikes are under-specced and overweight; 15kg is typical, which can be half the rider's bodyweight.

Your child will get more enjoyment out of cycling – and more miles – with a lighter bike. As a rough guide, aim for 13kg or less for 20in and 24in wheel bikes, especially if they're likely to go off-road.

WHAT SIZE?

Don't be tempted to buy a bike for your child to 'grow into'. An over-large bike will be awkward to ride. As a rule of thumb, 14in or 16in wheeled bikes suit ages four to six, 20in wheeled bikes ages five to 10,

and 24in wheeled bikes ages eight to 12.

A long seatpost and a steerer with plenty of spacers, or a quill stem, will maximise growing room. Children often prefer a seat height that's lower than optimum, and must be able to stand over the bike and dab a foot when seated. Also, smaller hands need to be able to reach the brakes.

The number of gears on a bike can be a badge of status among children (and adults!), but too many gears can cause mechanical complications. One gear is best for starter bikes, a 3-speed hub for second bikes, and a 7-speed or 8-speed derailleur for pre-teens.

MORE INSPIRATION

FIND Great kids' bikes at frogbikes.com

LEARN More advice at bikeradar.com

Tips for Learning the Ropes

Teaching your child to ride a bike is more than a milestone – it's a gateway to adventure, independence, and a love for the outdoors says Taberna Sansom at frogbikes.co.uk.

Select the right equipment:

Choosing a premium lightweight, child-specific bike like Frog bikes, makes a big difference. These bikes are easy to handle, exceed safety standards, and are durable. Ensure your child has a properly fitting helmet and understands safety.

Begin with balance:

Balance bikes prepare children to transition to pedals. By learning to balance and steer, kids develop essential skills for pedalling. This makes the switch to a pedal bike easier, without needing training wheels.

Understanding brakes:

Teach your child to cover their brakes with two or three fingers on each lever. Forming this habit early ensures they can stop or slow down quickly. Our balance bikes have a brake!

Safe area to learn:

Practice in an open, safe environment like a park where you won't have to worry about traffic or other hazards.

Enjoy the ride:

Make the learning process enjoyable. Celebrate small victories, explore new paths, and make each ride an adventure, fostering a positive association with cycling and the outdoors.

LEARN TO RIDE WITH

FROG BIKES

Frog's award-winning balance bikes kickstart a child's cycling journey, meticulously designed to develop core balance skills and gain confidence to ride on two wheels.

Once they've mastered balancing, Frog's award-winning first pedal bikes offer a seamless transition from balance bike to first pedal bike, featuring a lightweight frame and child-specific components for easy learning and manoeuvring.



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10 year warranty

CANTERBURY

Ringed by ancient city walls and with a spectacular cathedral at its heart, Canterbury is a gentle city, suffused in history and dense with atmosphere. It makes a great base to explore the constellation of beaches and castles of Kent, with dozens of spots within half an hour's drive or less than an hour on public transport



OUTDOOR

Wildwood Trust

Focussed on conservation and rewilding, this wildlife park has more than 200 British native animals plus more in natural enclosures, set in 40 acres of ancient woodland. See huge bison, elk, dormice, wolves, bears, owls and snakes and learn about the trust's work with the introduction of species such as European bison, beavers and red-billed choughs to the UK. Stay for lunch in the cafe and a swing in the playground. wildwoodtrust.org

River Life

With two picturesque sites close to the city on the historic River Stour, Canoe Wild is an easy-going place from which to hire kayaks,

canoes and SUPs. All ages are welcome; choose your boat and paddle slowly up down the leafy river, then finish off with a roast dinner at the George and Dragon pub. canoewild.co.uk

Cycle to Whitstable

Go from cloisters to oysters with a cycle along the 7.5 mile Crab and Winkle Way. Signed from Canterbury

West station and running all the way to Whitstable, the route is almost entirely traffic-free and takes its name from the railway line which ran between the city and the coast. The path takes you through Blean, an RSPB reserve, Clowes Wood and into the colourful town of Whitstable, famous for its seafood and cheery shops. explorekent.org



EAT

Veg Box Cafe

With super-fresh, locally sourced ingredients, all the plant-based and vegan dishes on offer here are free from artificial ingredients, preservatives and MSG. Get set for a ful day of sightseeing with vegan breakfasts, pancakes or granola, or pop in for a lunchtime Buddha bowl, turmeric smoothie or beetroot brownie. thevegboxcafe.co.uk

Notorious B.R.G.

A burger joint with a vegan and vegetarian menu to match the meaty options, this hip-hopster cafe is bright and friendly. Run on green energy, supporting local producers and with people-friendly staffing policies, its ethical credentials are as tasty as its Beyond Meat burgers, skin-on fries and mac and 'cheese' bites. notorious-brg.com

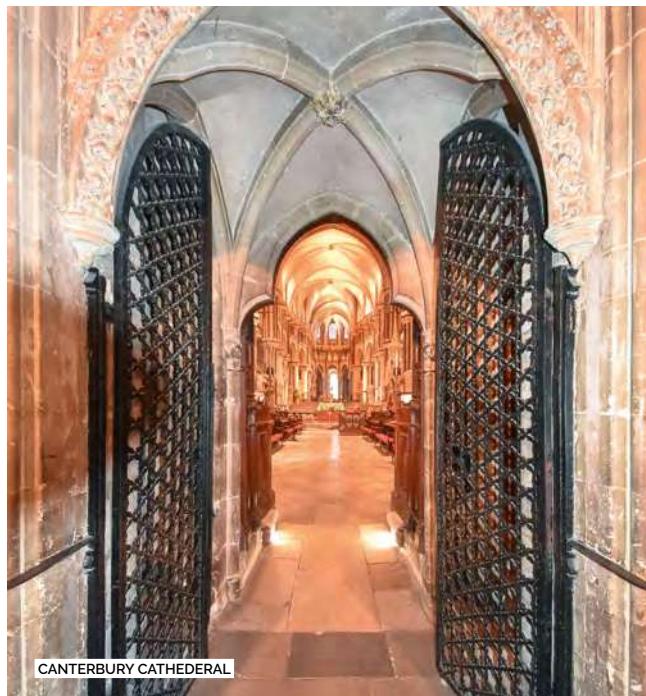


**ARTS****The Beaney House of Art and Knowledge**

Winner of a Kids in Museums award in 2023, The Beaney is a thoughtfully organised museum, gallery, library and education centre. Heavy oil paintings are juxtaposed with an exhibition about local extinct animals, while other natural specimens are arranged in rainbow order, and treasures from around the globe put into a wider colonial context. Temporary exhibitions often have a retro kids focus; right now you'll find a gallery dedicated to Smallfilms' Clangers, Bagpuss and Ivor the Engine. canterburymuseums.co.uk

Gulbenkian Arts Centre

Situated at the heart of the University campus the Gulbenkian is the place to find cutting-edge live theatre performances, film screenings and music shows. There's a particular focus on events for young people with regular youth theatre classes, weekend clubs for kids and August's yearly free Boing Boing family festival with outdoor performances, sensory spaces and spectacular circuses. thegulbenkian.co.uk

**HISTORY****Canterbury Cathedral**

At the heart of the city is this soaring, spectacular building, soaked in blood and intrigue. This is where

Thomas à Becket was stabbed to death, a vast, vaulted cavern lit through dramatic stained glass. In contrast, the shadowy cloisters are a cool place of quiet contemplation. Tickets

are on the high side, but are valid for a year, children visit for free, some of the precincts are free to access and anyone can visit for a service and see the inside of the building for gratis. canterbury-cathedral.org

Canterbury Roman Museum

Explore the remains of an original Roman Town, see a mosaic in situ while getting hands-on with history. There are regular children's activities and plenty to see on a wet day. canterburymuseums.co.uk

Crooked House

The wonkiest building in the city was built on Palace Street in the 17th century, and looks as if it's about to collapse like a house of cards. Currently a second-hand charity bookshop, don't miss the chance to have your picture taken outside this skewed place.

MY CANTERBURY

Jerry Deeney lives in Canterbury with his two sons, Jimmy and Tommy

**RSBP Blean Woods**

RSBP Blean Woods in Rough Common in the Canterbury suburbs is a beautiful spot for kids to explore nature, especially if you have a dog in tow. Less than 5 minutes drive from the city centre and you're transformed into a stunning nature reserve. There's a variety of footpaths

to explore to suit little legs as well as the more adventurous explorers. Car parking on site with a picnic area nearby: rspb.org.uk

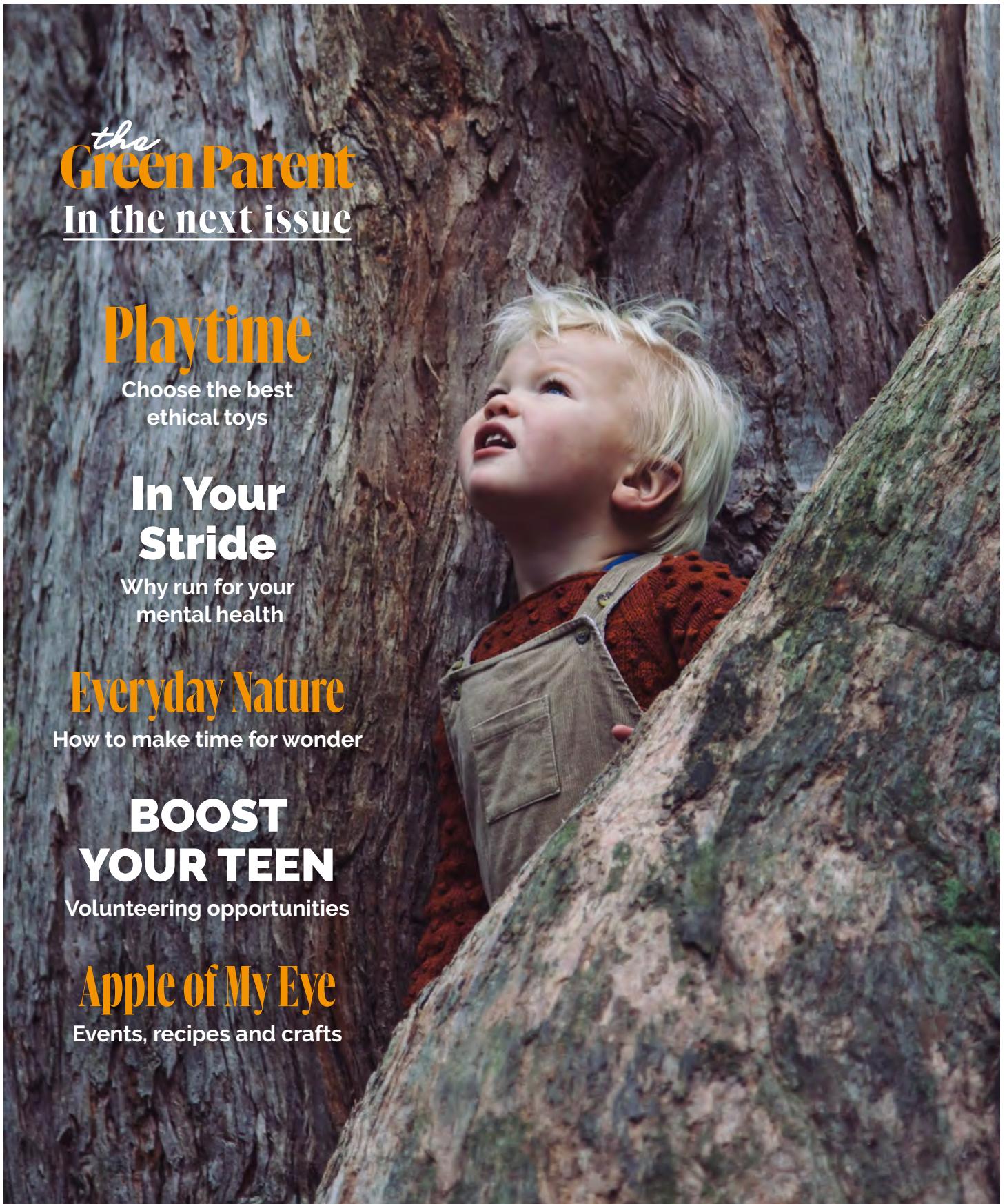
Wilder Blean Project

The Wildwood Trust have also introduced Bison to roam freely in the neighbouring woods, which makes a dog walk in the

woods much more exciting. Known as The Wilder Blean Project, there are only five bison in the woods so spotting them is a real treat although there are plenty of wild ponies trotting about. www.kentwildlifetrust.org.uk

Westgate Parks

If you're looking for the best kids' playground in the centre of town, head to Toddler's Cove, in the Westgate Parks set within the stunning backdrop of the Westgate Towers on the River Stour. It's the starting point for a walking/cycle path that winds four miles along the river to Chilham. westgateparks.co.uk



the **Green Parent**

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BOOST YOUR TEEN

Volunteering opportunities

Apple of My Eye

Events, recipes and crafts

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Visit www.healthymamahappybaba.co.uk to view the full range.



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BigGreen Smile



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Enjoy 10% OFF using code **GP2024** at checkout. www.biggreensmile.com.

Visit this link for your chance to win: link.thegreenparent.co.uk/bgs

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For your chance to win visit:
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Closing date: 13th September 2024



FOR FULL TERMS AND CONDITIONS PLEASE VISIT: THEGREENPARENT.CO.UK/ABOUT/TERMS-AND-CONDITIONS

**Leo**

JUL 23 – AUG 22



Summer is the time to focus on your personal needs and to identify what you need next for your progress. There may be financial issues to attend to as Mercury backtracks through your money zone, but this can be positive if you work towards aligning your finances with your values. There may be an element of drama but go with it, knowing that the track you are on is taking you to exactly where you need to be.

**Virgo**

AUG 23 – SEP 22



With Mercury retrograde in your sign, August is a month for reflection so take time out if you need it. Meanwhile, Mars and Jupiter in your success area are pushing you to pursue your goals and ambitions, so you will need to strike a balance between action and retreat. If your direction feels joyful then there shouldn't be a problem. Otherwise, use summer to correct your course so that your path is in alignment with your heart.

**Libra**

SEP 23 – OCT 23



There is a strong social theme in August making this the month to forge new connections and repair existing ones. Exciting possibilities may come from new friendships, or from joining a group, or in getting involved in a project that makes a difference to others. Ultimately though, August seeks to remind you of the importance of friendship and the mutual support that comes from having good solid friends in your world.

**Scorpio**

OCT 24 - NOV 21



August puts the focus on your direction and brings the opportunity to progress on your chosen path. It's a good time to make headway in your career, pursue an ambition, grow your business, apply for a new job or to branch out in a different direction. There may be times when it all feels rather strained but keep your focus on your future and the potential that it contains, rather than being ruled by the past and your emotional responses.

**Sagittarius**

NOV 22 – DEC 21



August is likely to offer you glimpses of possibilities that weren't there before, making summer a time to experience new things and stretch your concept of what's possible. At the same time, Mercury's backward motion through your career and purpose sector suggests the need for a re-evaluation with where you are going in life. The way forward is to focus on the path that brings you the most joy, so listen to your heart rather than your head.

**Capricorn**

DEC 22 – JAN 19



We all want things to stay the same, especially if in the past those ways worked for us. But life isn't static and sometimes we have to let go of our comforts, our habits. August is a month in which things are not meant to stay the same and you may be pushed towards change. Resistance is only likely to lead to more pain but a willingness to let go and adapt to changing circumstances will be the key to your success.

**Aquarius**

JAN 20 – FEB 18



With a cluster of planets in your relationship zone, August is a month when the focus is likely to be on your personal life. You can expect to make progress in a key relationship now, whether that involves turning over a new leaf, making a commitment, starting a new relationship or improving an existing one. If there is distance between you and another now is the time to reach out and break the silence.

**Pisces**

FEB 19 – MAR 20



August puts the focus on your health, work and the day to day running of your life, and is ideal for turning over a new leaf. It's perfect for improving the service you provide to others, implementing a new health regime, and being more disciplined in the overall running of your life. Ultimately, summer is the time to fix that which has been neglected or is in need of repair, from a cluttered desk to a relationship in need of attention.

**Aries**

MAR 21 – APR 19



Yours is the sign that gets the old star in August as an auspicious planetary alignment brings opportunities and good fortune to your door. Make the most of this cosmic benevolence by breaking free from that which has been limiting you. Strive to find the middle way when appropriate but remember that if you have to choose between playing it safe and going for glory it is the latter that will secure your prize.

**Taurus**

APR 20 – MAY 20



August carries a strong domestic theme making this the time to sort out matters close to home, whether it's a face lift of your abode or resolving family dynamics. You may benefit from turning over a new leaf and fixing that which is in need of repair. If matters get a bit strained the best approach will be to give priority to the needs of your soul. September brings a more relaxed vibe with the focus on fun and creativity.

**Gemini**

MAY 21 – JUNE 20



August is a month of staggering possibility as a rare alignment of Mars and Jupiter occurs in your sign. This is the month to push as far out of your comfort zone as you can, by embracing new adventures and making the most of your talents. Be bold and enterprising, and if there is anything that you've been wondering about, especially if it makes you come alive, the answer, quite simply, is to go for it. Just remember to eat when necessary!

**Cancer**

JUN 21 – JUL 22



Summer is all about the money as the planets bring changes to your material world. Now is a good time to turn over a new leaf, whether that means generating more of what you need, plugging any leaks or fixing any lingering monetary issues. Whilst there is the potential to become more prosperous it's also important to remember that money is there to serve you and not the other way around.



balancing motherhood

With a passion for new places and exploring, **Lea Reynolds** shares how she balances motherhood with adventure

Imagine a life where your everyday soundtrack is the rhythmic crash of waves and mesmerising birdcalls, your backdrop a lush paradise. A place where you can take thrilling surf sessions and invigorating hikes.

I'm a New Mexican native, a Latina mama, who has made Florida my home. My passions are adventure and travel; I get bored living in the same place for too long! I knew from a young age I was meant to live near the ocean. My childhood bedroom was filled to the brim with dolphin figurines, posters, and dreams of waves and saltwater. Growing up in the southwestern US, we had rivers but no ocean. I didn't dip my toe into the ocean until I was fourteen years old. And then I was hooked.

I worked hard to get into the military so that I could see the world. And I was lucky enough to get stationed in Hawaii as an Army nurse. The Paradise of the Pacific! Little old me from nowhere New Mexico living in the tropical paradise that is Hawaii for five years. That time shaped everything going forwards for me.

beautiful beaches

I now live in the Sunshine State with my husband and our two kids. Most mornings I wax my surfboard as my children play in the sand nearby. With the waves calling, I paddle out, riding the crests and troughs with a grace that is hard won from years of practice. My husband and I take turns to look after the children so we can get some alone time. Surfing isn't just a sport; it's a way of life. For me it's a meditation that keeps connected to the ocean's rhythm. I strive to instil the lessons of wave riding in my babies. Learnings like: Be patient and good things will come, there's no sense worrying about what you can't control, and that nature is there to be treasured.

In the afternoons, after our morning on the beach, our home education classroom is an outdoor adventure. Free from the traditional walls and plastic chairs, we use logs as chairs and tables, and the abundant hiking trails as our backdrop. These hikes are not just about getting exercise; they are a journey into nature's classroom. I learn alongside my kids as we discover the

diverse flora and fauna that live on our doorstep. From vibrant flowers to amazing animals, every step is an opportunity for us to share in the delight of discovery.

finding hidden gems

I love it when we find hidden spots; where all is peaceful and still. It brings me joy to watch my kids running barefoot, wild and free. Recently we discovered an amazing conservation area by accident. We were driving down a dirt trail that we know well, one that runs parallel to the river and where we've seen dolphins, pelicans and other local birds parading the waters. We drove past our original spot and continued on for a few miles. There we found a pier with an old fishing and citrus stand.

We explored this untouched wildlife haven until the sun set - it was pure bliss. The area is home to osprey, wading birds, kingfishers and otters. Known as Jones Conservation Pier, this beautiful spot is open to the public and its nestled behind palms and pines. The small building is painted in colourful shades of green, pink, yellow. In 1886, locals could stop by to buy or sell locally caught fish and Florida grown citrus. The kids and I had so much fun ringing the bell, walking on the boardwalk and watching the sun glow in the sky.

achieving balance

For me, the key to balancing motherhood and my adventurous spirit lies in the symbiotic relationship between the two. I believe that regularly exposing my children to the wonders of the natural world not only instils a deep appreciation for ecology, but also fosters resilience, adaptability, and a love for exploration. Every surf session and hiking adventure becomes an opportunity to teach life lessons and build lasting memories.

I feel like I've found the balance between motherhood and my passion for adventure. Our days are filled with the thrill of surfing, the tranquillity of nature hikes, and the joy of discovering hidden gems. I hope to inspire other mamas to explore opportunity to create a tapestry of memories that will last a lifetime. Even if you're not living in a tropical environment, I encourage you to get outside and find new epic spots for you and your kids to adventure. Happy adventuring!

Lea is a mama to two wild spirits, ocean lover and natural light photographer. Find her at leareynoldsphotography.com

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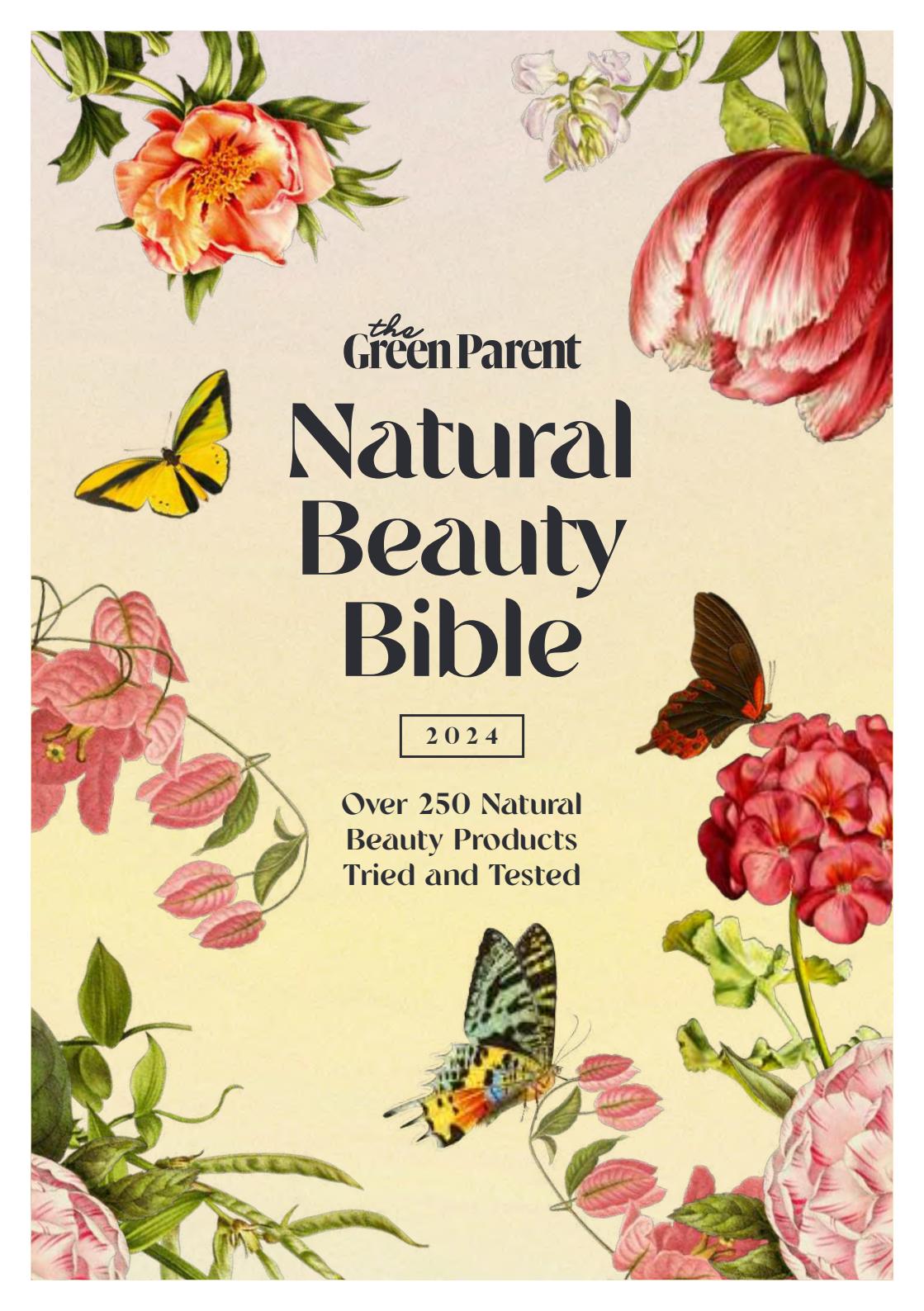
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2024

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Hello beautiful

Welcome to your 2024 Beauty Bible. I'm delighted to announce the winners in our Green Parent Natural Beauty Awards 2024. A panel of testers has spent the last few months trying out hundreds of products, everything from toothpaste tabs to period pads, baby balm to facial oil. And then reviewing and rating each product against a strict set of criteria. From these ratings and comments we then choose the very best in each category, in terms of effectiveness, sustainability

and company ethics. Armed with this handy guide you can shop for your family with complete peace of mind. And pick yourself up a super ethical treat or two from the winners. Oh, and to accompany this guide, we've plenty of inspirational stories and self-care tips popping up on our website in the coming weeks. Stay tuned at thegreenparent.co.uk or follow us on Instagram @thegreenparentmag. Happy nourishing!

Melissa - Founder and Editor

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With many thanks to all our testers

Helen Bogle, Laura Bridle, Elizabeth Cohen, Elaine Cowie, Lucy Cunningham, Camille Del Pozo, Lucy Farmer, Hannah Finch, Catriona Graffius, Katy Hacket, Emily Hale, Diana Houlder, Victoria Jaques, Zoe Jolly, Catherine Joyce, Evelyn Kogler, Kimberley Lane, Laura Lismanis, Amanda McLaughlan, Kirsty McNicol, Jessica Morris, Tania Purdie, Eden Rose, Lila Rose, Lyn Shephard, Cath Smith, Emma Stokes, Hannah Venning, Amy Wilson, Pauline Woodcraft, Nicola Woods.

Editor: Melissa Corkhill letters@thegreenparent.co.uk • **Art Director:** Jez Harris

For information about next year's awards, contact beauty@thegreenparent.co.uk

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Natural Beauty Awards Winners

SKINCARE

Toner

GOLD The Kelpie Facial Toner, £19 nana-kats-apothecary.co.uk

"The best toner I've ever used! It smells amazing and leaves my menopausal skin looking fresh and clear. It's gentle on my skin and is the perfect base for my serum and moisturiser. The mist pump is fantastic for delivering the toner evenly and is perfect for cooling hot flushes!" **Catherine J**

SILVER Hydrating Facial Toner, £23 aniskincare.com

BRONZE Normal – Dry Skin Micellar & Toner with Neroli & Lavender, £10 valleymist.co.uk



Eye Cream

GOLD Nakin Eye Cream Complex, £20 nakinskincare.com

"This cream feels lovely and thick (but not too thick) and my skin felt really happy and moisturised after using it. A little goes a long way, too, which I really like. Packaging was simple but felt premium and classy." **Kimberley L**

SILVER Regenerate Eye Cream, \$35 NZD naturalzestskincare.co.nz

BRONZE EYE WORK rejuvenating serum, £36 tropicskincare.com



GOLD



Night Moisturiser

GOLD Vitamin Rich Face Butter, £38 vemel.co.uk

"I was pleasantly surprised by this product. I love waterless formulas for most types of product but I was skeptical about how heavy this would be on the skin as a facial moisturiser. What surprised me is I tried it under makeup and while it felt heavy and oily, my makeup actually looked glowy and amazing. My skin feels incredible after using this. I'm a convert!" **Hannah V**

SILVER Neroli, Rosehip & Frankincense Facial Hydration Cream, £18 purelakes.co.uk

BRONZE Willowberry Vitamin C Night Cream, £34.99 willowberry.co.uk



GOLD

Skin Serum

GOLD Age Defying Lifting Serum, £54 evolvebeauty.co.uk

"I've used this religiously since receiving it, it's absolutely gorgeous! It smells incredible and my skin feels so happy whenever I use it and you only need one pump for your whole face." **Kimberley L**

SILVER Hydration Boosting and Refining Serum, £33 mybemora.com

BRONZE Brighten Day Serum, £48 azadiskincare.com



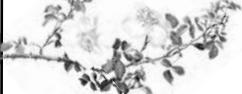
Day Moisturiser

GOLD Illuminate Moisturiser, £49 azadiskincare.com

"A miraculous skin care product that has left my skin feeling ultra-hydrated, radiant, and glowing. I've been applying it both day or night, and a small pump provides a boost of hydration and luminosity whenever my skin is feeling tight. Dealing with severe dryness and eczema, I typically require a substantial amount of moisturiser to stop my skin feeling tight, but this one defies the norm." **Emma S**

SILVER Rose & Frankincense Anti-Ageing Moisturiser, £19.95 shaloahskincare.co.uk

BRONZE PhytoGal (F)ACE treatment moisturizer, €88 galbaia.com



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Natural Beauty Awards Winners

SKINCARE

GOLD


Facial Exfoliator

GOLD GLOW After Dark Face Polish, £30 kissthemoon.com

"I am quite addicted to Kiss The Moon products but hadn't tried this one so was excited to use this. As with all their products the scent is gorgeous. Luxurious essential oils hit your senses when you open the jar. The scent just makes you smile. The texture is like a smooth balm containing very fine sand. It doesn't feel too rough when you apply it to your face and is easy to apply. Once rinsed off my face felt lovely and smooth and you could clearly see that it was brighter than before I used it." **Kirsty M**

SILVER Elemental Exfoliating Powder, €34.95

kinvaraskincare.com

BRONZE SkinBare exfoliating dry hemp wipes, £6.99

tiktok.com/@skinbare



Face Mask

GOLD Pomegranate & Rose Mask, £26 therosetree.co.uk

"Ooo this face mask feels special. The texture is soft and oily and I really enjoyed putting this on to wear as an overnight mask, it sinks in a little so you don't feel like you are going to just get it all over your pillow at night. My skin definitely feels more hydrated the next morning after use. It smells lovely, delicate and floral." **Katy H**

SILVER Green Clay & Lemon Mask & Scrub - Sicilia, £29

casamencarelli.co.uk

BRONZE Mask of Magnaminty face & body mask, £10 lush.com/up/en

Facial Oil

GOLD Rose Facial Oil, £25 luvmyoil.co.uk

"A beautifully light, deceptively rich, quick absorbing oil that was perfect for daytime use under make-up but felt like a deeply nourishing treat - my skin drank it up! Lovely luxe rose scent that was subtle but uplifting. I really loved having this oil in my bag for days when my skin needed a little extra boost - while it's effects are deep it has a fresh, light skin-feel. It's so gentle and hydrating I used it over my whole face including the dry skin on my eyes which can be really reactionary and I noticed a definite improvement here after a few days. Such an affordable price too for a lovely luxurious oil!" **Lucy C**

SILVER Replenishing Face Oil, £72 anaraskincare.com

BRONZE Neroli & Bakuchiol Elixir, £39.32 blumainorganicskincare.ie



Cleanser

GOLD Beauty Balm, £15.99 lyonsleaf.co.uk

"I used on my face and body. It left me feeling soft and glowy. Reasonably priced too. I would use again. My dry skin has almost cleared up using this. Lovely packaging in a glass tub with metal lid." **Eden R**

SILVER SUK. Powder Cleanser, £21 sukhanlee.com

BRONZE No Soap Cleanser, £45 www.miapielskincare.com


GOLD

BEST BUYS

1 Skin Food Nourishing Cleansing Balm, £12.95 weleda.co.uk

2 Combination Skin Micellar & Toner With Lemon & Geranium, £10 valleymist.co.uk

3 Calm Buddha Face Cleanser, £10.95 www.EizunEcoSkin.com

4 Magical Whipped Balm, £12.99 sol-luna.co.uk

5 Pro-Age Eye Cream, £15 buddha-beauty.com

6 Chamomile & Bergamot Facial Serum, £14.50 shaloahskincare.co.uk

7 Kale Enzymatic Exfoliator, £19 nourishskincare.com

8 Purifying Face Toner, £16.50 nakinskincare.com

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Natural Beauty Awards Winners

MAKE-UP

Blusher

GOLD Mineral Blusher, £9 honeypieminerals.com

"I love this product! Honey Pie Minerals has really smashed it producing make-up that's 100% natural yet gives really good coverage and looks fab. This was a pretty, light pink that's great for spring days and gives a lovely subtle colour. It's great to be able to use make-up knowing it won't irritate sensitive skin." **Zoe J**



Lip Gloss

GOLD Lip Tint - Pinkalicious, 25.99 NZD yesorganics.nz

"I liked this tinted lip balm as it gave my lips a subtle boost of colour, whilst keeping them soft. The colour stayed on my lips. I liked the brightness of the box and tube, they look fun and colourful. The lip tint comes in a traditional twist up tube which makes it really easy to apply and use." **Lucy F**

SILVER Lip Butta - Toffee, £11 rawnaturenz.com

BRONZE Bliss Lip Tint, £8 nirvananatural.co.uk

Bronzer

GOLD Luminous Dew Drops, £23 ediblebeautyaustralia.com

"Comes in an essential oil glass bottle with plastic pipette, so easy to store and use. It has a faint smell of the hazelnut and chia seed oil that are used in it but no other fragrance. The liquid itself is a mix of the oils mentioned and gold/bronze, it needs a good mix up before use! It can be dropped into moisturiser, sun cream or foundation. I've tried all of these and the results are good. When mixed into the creams or foundation it gives a very even glow to your face making you look younger and healthier. Skin gets a lovely moisture boost and it seems good value to me." **Zoe J**



Eye Shadow

GOLD Natural Children's Play Makeup Kit, £24.95 thenaturalplaymakeupcompany.co.uk

"I can't praise this company's products, brand and ethos enough (we tried the nail varnish range as well as the makeup kit). Inside the kit there are three eyeshadows, blusher, lipstick, a natural sponge, bamboo applicator and unicorn mirror. The colours of the eyeshadows and blusher are fun and exciting yet, once applied, subtle pastel shades with a bit of shimmer! Totally irresistible for my little girl! All of the ingredients are non-toxic and packaged sustainably." **Victoria J**



Foundation

GOLD Mineral Foundation, £15 honeypieminerals.com

"This mineral foundation is very finely milled so it has a light, smooth texture and applies evenly on my skin for light, semi sheer coverage. I sometimes have concerns that powder foundations can be drying on the skin or will sit in fine lines but I was pleased to find neither is an issue here. It suits my skin tone very well and looks nicely natural yet evens out my skin and blurs minor imperfections. What I love most is the dewy, glowy finish." **Elaine C**



Lip Balm

GOLD MotherSage Lip Balm, £11.99 mothersage.com

"My lips feel really soft, slightly tingly and really really well cared for. This feels like a cut above the average lip balm. It's got a thickness to it that's rare but doesn't feel too much at all. I loooove the feeling of my lips! I'm sold!" **Lila R**

SILVER Organic Lip, Face & Body Balm Shimmer, £10 annefortin.co.uk

BRONZE Rosehip & Camellia Lip Balm - Rejuvenate, \$29.99 NZD yesorganics.nz



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Natural Beauty Awards Winners

MAKE-UP



GOLD

Application Tools

GOLD Earthwise Cleansing Pads, £9.95 earthwisesgirls.co.uk
 "Really loved that these came in a bag you can wash and store them in. Really soft and easy to use. Perfect packaging as bag was multipurpose." **Laura B**



GOLD

Mascara

GOLD Purity Lash Mascara, £29 uk.iniikaorganic.com
 "This has a nice colour and gives a natural lash effect. I prefer a lot of mascara so I had to put a few layers on to get the look I like. Very nice sleek looking tube and the brush was easy to use." **Jessica M**
SILVER Hair Mascaras, £24.99 thenaturalplaymakeupcompany.co.uk



Lipstick

GOLD Lipstick Kirra Pink, £18.95 ecobysonyadriver.co.uk
 "A bright, summery uplift of a lipstick. Glides on quite softly though I did tend to wear with a bit of lipbalm for extra hydration (that's just me and my dry lips though!). Lasts well but also easy to have in handbag to quickly apply. Rich bright colour that I love! Great that it doesn't dry skin out over time so I used it pretty regularly and found it nourishing. Like the cool matte finish too." **Lucy C**



GOLD

Nail Polish

GOLD Earthy Gel Lock System, £59.99 earthynailpolish.com
 "I really love the concept and credentials of this nail polish, which I found to be so much better for my nails with better ingredients than my previous vegan gel polish. Although this would be a bit of an investment to buy as a kit with the LED nail lamp and the gel lock system, I think it would be a real game-changer and money saver in the longer term. I used the ruby red colour on my nails which was a really decadent, rich red that took just two coats to produce a really sleek finish. I really like that I can now achieve salon-fresh looking nails at home." **Victoria J**
SILVER Little Stardust Nail Polish, £6.99 thenaturalplaymakeupcompany.co.uk

Eye Liner

GOLD Silk Gel Liner, £16 tropicskincare.com

"I like this liner. It took a few goes to get into it. I found I needed to wind it to get it a little longer so that it could flow on with relative smoothness and accuracy. After getting the hang of it I could make the line a bit subtler which I prefer." **Lila R**



Concealer

GOLD Mineral Concealer Green Corrector, £9 honeypieminerals.com

"Well I was very surprised by this product! I have never used a colour corrective product before and there are no instructions on the pot (the only negative point I have!) so a quick search on the internet was needed. After that the product goes on so finely and easily and covers brilliantly. I've used it on under eye, a burn, naturally red areas on my nose and chin and ages spots. The product stays put for hours. I'm not sure I'll use conventional concealer again; this stuff is too good!" **Zoe J**



BEST BUYS

- 1 Lip Balm with upcycled Hemp Seed Oil + Shea Butter, £11.99 upcirclebeauty.com
- 2 Sweet Orange & Cacao lip balm, £5.75 nirvananatural.co.uk
- 3 Sweet orange lip balm, £4 chantic.co.uk
- 4 Organic Lip Balm - Original, £8 mumanu.com
- 5 Cocoa & Hempseed Lip Balm - Chocolicious, 18.99 NZD yesorganics.nz
- 6 Lip Puddle, £13.99 aura-lotus.co.uk



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Natural Beauty Awards Winners

BODY & BATH

Body Scrub

GOLD Renewal Body Polish, £28 aniskincare.com

"I absolutely love this scrub! It's luxurious and my skin feels gorgeous after using it. I'm not usually a fan of large 'bits' in scrubs but I don't think they are too course in this product. And the oil keeps me super moisturised. It's a good size pot for the price, and I like that it comes with a wooden spoon. The packaging is simple but feels luxurious." **Kimberley L**

SILVER Frosted Pear Body Scrub, £19.50 buddha-beauty.com

BRONZE Body Smooth refreshing polish, £24 tropicskincare.com



Menstrual Care

GOLD Period Pants, £18 wuka.co.uk

"Really comfortable to wear and wash well. Like the added support around lower abdomen, especially when on my period. No seams, so can wear with anything. Made from biodegradable materials. Great!" **Laura B**

SILVER Earthwise Pads Long, £15 earthwisegirls.co.uk

BRONZE Aches Away Oil, £24 devaiyaoils.com

Soap

GOLD Peppermint & Poppy Seeds Natural Soap, £2.95 friendlysoap.co.uk

"Woooo, this was definitely a minty soap! Which we loved! It was zingy and a joy to use in the shower.

The poppy seeds gave it a bit of scrubiness and it certainly woke me up! I liked the simple cardboard box and the clear label." **Lucy F**

SILVER Pink a Dink Soap,

£4.50 edendaysbody.com

BRONZE Spice & Shine shea butter soap, £8 bloominsoap.co.uk



Deodorant

GOLD Natural Beeswax Deodorant - Lavender & Bergamot, £6.50 kutis-skincare.co.uk

"I really like this deodorant. Application is smooth and it absorbs easily, leaving no residue. The fragrance is really beautiful; I would happily have it as a body oil! The scent is also subtle and not at all overpowering. I feel like the product worked all day and didn't need reapplying. I'm definitely converted to this brand." **Katy H**

SILVER Witch Hazel - Aloe-Vera Deodorant, £9.90 nagaracosmetics.com

BRONZE Moon Goo Natural Deodorant, £12.98 awakeorganics.co.uk



Hand Cream/Balm

GOLD Gardeners Moisturising Hand Cream - Scottish Lavender & Rosemary, £14.50

castleapothecaryscotland.com

"One of the creamiest, most luxurious and soothing hand creams I've ever tried, the pot smells absolutely gorgeous. As a busy parent, my skin craves hydration, so thankfully the power of this product allows it to deeply penetrate the skin and restoring its natural moisture." **Emma S**

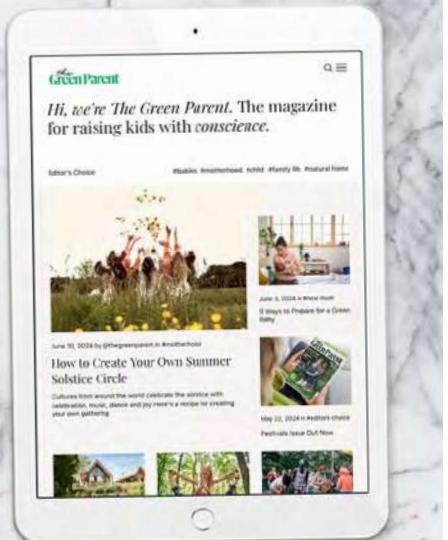
SILVER Lavender and Calendula Hand Cream, £12 silvanskincare.com

BRONZE SOS Nail Care Serum, £13.99 boldandgritcosmetics.com



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Natural Beauty Awards Winners

BODY & BATH



Body Oil

GOLD Stress Away, £24 devaiyaoils.com

"The rich smell of this oil really is calming and therapeutic. It is very powerful and a little goes a long way. Lovely to have to hand as a pick-me-up throughout the day. I used it almost as a perfume - applying a little to my wrists and neckline." **Elizabeth C**

SILVER Surya Sunshine Body Oil, £24 moksha.co.uk

BRONZE Ayurvedic Body Oil - Unwind, \$49 lamav.com

GOLD

Body Cream/Balm

GOLD Warm Amber Body Lotion, £15 buddha-beauty.com

"This is a light textured body lotion that absorbs very quickly. It doesn't leave any residue that feels sticky or greasy and after applying this I am able to continue getting dressed without waiting for it to sink in. Even though it is a light texture, it softens and moisturises really well. My knees, shins, elbows and arms are looking brighter and healthier, this has definitely helped get rid of the winter greyness." **Pauline W**

SILVER Organic Foot Balm, £15 b-organic.co.uk

BRONZE Tree Of Life Body Butter Hemp & Meadowfoam, £9.50 [www.EizunEcoSkin.com](http://EizunEcoSkin.com)

GOLD



GOLD



Bath Treat

GOLD Bath Salts, £25 aniskincare.com

"I love the smell of these bath salts. Really natural and fresh. They dissolved easily in the bath and were easy to use. Very nice simple design. It looks beautiful in my bathroom. Glass bottle and metal lid can be recycled or even better, reused!" **Jessica M**

SILVER Lavender, Geranium & Chamomile Bath Salts, £11.95 akamuti.co.uk

BRONZE Bath Brews Gift Set, £24.95 clarityblend.com

Shower Gel

GOLD Hemp Liquid Castile Soap, £7.95 thehempstore.co.uk

"The spearmint gives this product a really zingy feel, perfect as a wake up in my morning shower! It feels nice and creamy and creates a good lather too. I like the metal bottle. Good eco-friendly packaging." **Jessica M**

SILVER Sweet Orange & Rose Geranium Shower Wash, £5.95 rootsandwingsorganic.com

BRONZE Natural Body Wash Mango Delight, £12.99 suntribesunscreens.com

GOLD



BEST BUYS

1 Bath Salts, £16.99 mothersage.com

2 Lemon Nail & Cuticle Oil, £15 olifani.com

3 Armpit Detox bar, £12.95 rawnaturenz.com

4 Natural Vegan Bicarb-free Deodorant - Grapefruit & Mandarin, £6.50 kutis-skincare.co.uk

5 Luxury Rosewood Hand Lotion, £5.99 thesolidbarcompany.com

6 Wild Mint & Tea Tree Foot Balm, £14 balmnatural.com

7 Organic Hand & Lip Balm Revitalise, £10 annefortin.co.uk

8 Body Wash, £10 tropicskincare.com

9 Orange & Grapefruit Natural Soap, £2.95 friendlysoap.co.uk



Natural Beauty Awards Winners

BABY & CHILD



Baby Oil

GOLD Oil Day Long, £22.50 skin-genius.co.uk

"I felt this was good value for money at £22.50 for 100ml. It smelled gorgeous, with a fresh lavender fragrance, and the calendula made it especially useful for my baby's bath! It took a while for the product to absorb into skin when applied directly, and the fragrance was subtle once applied. It helped my baby's skin recover where he had cradle cap, by moisturising his scalp." **Amy W**

SILVER Fall into Dreams Mother & Baby Massage Oil, £29 littlebutterflylondon.com

BRONZE Mumanu Organic Mum & Baby Balm, £20 mumanu.com

Baby Balm

GOLD Wonder Balm, £35 vemel.co.uk

"This balm has been used to soften skin, smooth eyebrows, soften hands, put on a bruise and calm frizzy hair. It really is a wonder balm and can be used for all sorts. It has a nice feel to it and isn't too greasy. It feels nice on my skin. My kids love it too. Plastic free. Nice look to the packaging, comes with a spatula to put balm on which is good in terms of cross contamination." **Eden R**

SILVER Gem's Dry Skin Balm for Babies, £15 gemsnaturalskinicare.com

BRONZE Baby Bee Balm, £22 naturallittlebee.co.uk



Nappy Cream

GOLD Zinc and Calendula Cream, £11.99 lyonsleaf.co.uk

"I used this on my toddler's nappy rash and it seemed to calm the redness after one application. My toddler stopped complaining of being 'sore'. A little goes a long way, particularly as it is a barrier cream so it doesn't sink in and leaves a pale white mark on the skin. doesn't appear to have added fragrance but it has a subtle scent. I like the design of the label, there is enough information on the actual jar as well as the box. It's easy to dispense the required amount." **Katy H**

SILVER Oh-Lief Natural Olive Bum Balm, £13.95 ohliefcouk.com

BRONZE Magical Wool, £7.95 magicalwool.com





Natural Beauty Awards Winners

BABY & CHILD



Children's Bubblebath

GOLD Kit & Kin Baby Bubble Bath, £9.99 kitandkin.com

"I absolutely love this product. My little one has such sensitive skin and this is so gentle for her. It has a lovely soft smell that lingers after but isn't too overpowering. It does not seem drying like others and the kids feel all clean after using." Helen B

SILVER Bubbles in the Breeze Top to Toe Wash, £19.50 littlebutterflylondon.com

BRONZE Mini U Sparkling Strawberry Bubble Bath, £5.75 miniu.co.uk

Baby Lotion/Cream

GOLD Soothing Skin Balm With Frankincense & Lavender, £12 valleymist.co.uk
 "A lovely, thick balm with a calming fragrance that is soothing to use and leaves my skin feeling soft. Most of the ingredients are organic too and 100% natural. I liked the brand's sustainable approach - they give you the option to leave out certain packaging if it's not needed and the product comes in a glass jar. A solid all-round product." Victoria J

SILVER Coconut Oil Baby Lotion, £10.99 kokoso.co.uk

BRONZE Datsit Unscented Whipped Body Butter, £15 datsit.uk



BEST BUYS

1 Mumunu Organic Baby Decongestant Balm, £8.50 mumunu.com

2 Pure Baby Balm, £9.99 lyonsleaf.co.uk

3 Baby-Soft Balm Stick, £8.99 kokoso.co.uk

4 Organic Baby Balm, £12 nealsyardremedies.com

5 Baby Balm, £19 aforapothecary.com

6 Oh-Lief Natural Olive Baby Balm, £13.95 ohlief.co.uk

7 Baby Skin Balm With Calendula & Rosehip Oil, £12 valleymist.co.uk

8 Little Emy nappy cream, £16 tropicskincare.com





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Natural Beauty Awards Winners

HAIRCARE



Hair Treat

GOLD Akamuti Organic Coconut Oil with Ylang Ylang, £9.95 akamuti.co.uk

"Product is all over moisturiser and can also be used as hair treatment oil. Fairly simple one - coconut oil with added essential oils. You only need a small amount of this hard oil as it melts when in contact with hands or body. My hair loved this oil and was almost silky after use! Product comes in metal tin that can be easily recycled or reused to store something else as is decent size." **Laura L**

SILVER Revitalising Hair Tonic, £14.95 weleda.co.uk
BRONZE Natural Scalp Scrub (Hibiscus + Mint), £16.99 awakeorganics.co.uk



Conditioner

GOLD Summer Dreamer - Solid Conditioner Bar with Jasmine & Rose, £10 wild-ona.com

"This has converted me to solid conditioners. The ones I used previously just didn't feel like they did the job but this feels so much more nourishing than any bottled conditioner I've ever used. My hair feels strong and silky after washing and it lasts for 3 days. The smell is also divine! Would 100% recommend, plus I feel good for treading lightly in terms of packaging. An all-round win." **Elizabeth C**

SILVER Luxury Botanical Conditioner for Normal/Dry Hair, £12.99 thesolidbarcompany.com

BRONZE Coconut + Sesame Natural Conditioner, £16.50 awakeorganics.co.uk

Styling Product

GOLD Dry Shampoo - Dark, £8 rawnaturenz.com

"This product has a gorgeous smell and is easy to apply. It is in the style of a salt shaker which you tip onto the hair, a little goes a long way. This one was in a brown shade to reduce discolouring. I gave this product to my daughter as she has brown hair and she loved it. Her hair lifted after use." **Cath S**

SILVER Curl It Defrizzing curl creme, £15 nirvananatural.co.uk

BRONZE Strands Away Flyaway Wand, £11.99 lovenoughty.co.uk



Shampoo

GOLD Caffeine + Rosemary Natural Shampoo Powder, £18.98 awakeorganics.co.uk

"I LOVE this shampoo - the smell is just lush, it is easy to use, a little water and it lathers really well. My hair feels clean and light following a wash. The bottle it comes in is a tin and not plastic which I like. A little goes a long way as well." **Cath S**

SILVER Petal Power Conditioning Shampoo Bar, £11 bloominsoap.co.uk
BRONZE Lemon Shampoo Bar, £9 olifani.com





Natural Beauty Awards Winners

PREGNANCY



Bath Product

GOLD Rinse and Retreat Sensitive Body Wash, £10 tropicskincare.com

"This body wash has a luxurious thick texture a little seems to go a long way. Feels like a body mask when applied to the skin initially and then lathers into a soft and shiny foam, leaves skin feeling cleansed, and has a light fresh scent. Skin felt nourished and clean, felt good for sensitive skin. After 2-3 days of using my skin felt soft and supple. The effects don't last after the shower or bath like an oil but certainly feels like your body has had a deep cleanse." **Diana H**

SILVER Mother's Bath Oil, £19 nealsyardremedies.com

BRONZE Sensitive Almond Nourishing Body Wash, £8.25 weleda.co.uk

Massage Oil/Cream

GOLD Mumanu Organic Aromatherapy Massage Collection, £80 mumanu.com

"These delightful individual massage balm tubs are perfect for all-over-body indulgence and attention to the skin and body. They are light but effective, beautifully fragranced, natural products that soothe the skin and awaken the senses. The different scents are unique and it's great to be able to choose depending on your mood. This would be a great gift! The effects are instant and last for hours. My skin tone felt much brighter and more even after using. So nourishing, itchy, dry patches of skin are soothed and eliminated (shins, elbows, hands, feet). Perfect for pregnancy tummy massage and attention. I enjoyed taking some time to relax whilst it soaked into my skin." **Diana H**

SILVER Organic Unscented Massage Bar – Pure, £8 valleymist.co.uk

BRONZE Calendula and Marshmallow Balm, £11.99 lyonsleaf.co.uk



GOLD

Breast Care

GOLD Bosom Ritual Balm, \$89 mammæ.com.au

"This product looks indulgent and expensive. There is a fragrance to it but it's not too strong and smells pretty natural. The texture is thick and you need to apply liberally at first, it then melts into a creamy oil on your skin. I applied this to my nipples and breasts and it does feel nourishing. Effects are instant but I would add it sinks into the skin pretty fast - could be my skin was dry and lapping it up! Nipples and skin felt softer and more supple after a few applications." **Diana H**



GOLD



2



3



1

BEST BUYS

1 Stretch Mark Oil, £11.99 kitandkin.com

2 Natural Olive Pregnancy Balm, £15.95 ohlief.co.uk

3 Mum's Tummy Butter, £11.95 akamuti.co.uk





Natural Beauty Awards Winners

ESSENTIALS



GOLD



Supplement

GOLD Organic Amla, £24.97 trueveda.com

"I was very excited to start the capsules as I'm perimenopausal and have been looking into different supplements. After a few days of taking these capsules twice a day I noticed that my energy levels had increased, mental alertness, quality of sleep, emotional well-being and my hormones seemed more balanced. I also noticed I wasn't having as many night sweats, my anxiety and heart palpitations had calmed down and I didn't wake as much as I normally do." **Lyn S**

SILVER HRI Clear Complexion, £5.49 herbalmedicine.co.uk

BRONZE Inspiriko - Organic Black Seed Oil, £19.99 inspiriko.co.uk



GOLD

After Sun

GOLD Moisturising After Sun with Insect Repellent, £17 greenpeople.co.uk

"This feels really cooling and soothing on the skin, which is reinforced by the fresh peppermint smell. It felt very nourishing and it's great that its anti-mosquito as well!" **Jessica M**

SILVER Sun Soothe cooling aftersun lotion, £22 tropicskincare.com

Sun Protection

GOLD Baby & Kids Natural Mineral Sunscreen SPF 30, £24.99 suntribesunscreem.com

"Love this mineral sunscreen - been using it for a couple of years now and it's our family's favourite. And what's not to love with ingredients that you can trust being safe with necessary testing backing it up, they are also organic and sustainably sourced, the sun cream itself applies easily with a child approved scent, the packaging is 100% bio based, and best of all, the cream works super effectively - so top marks!" **Evelyn K**

SILVER Soliel Bébé Organic Sunscreen for Babies & Children SPF 50, £24 baiebotanique.com

BRONZE Shade All-Natural Sunscreen, £11.95 not-the-norm.com



GOLD

Toothpaste

GOLD Remineralising and Whitening Toothpaste Tabs, £5 gudu.co.uk

"I loved these tabs, they were so easy to use. I preferred them to regular toothpaste because there was no faffing about. You pop a tab in your mouth, crunch it up for a few seconds into a paste then brush, that's it. The packaging was completely recyclable, and plastic free." **Amy W**

SILVER Sensitive Toothpaste, £9.97 paist.co

BRONZE Applemint Baby Toothpaste, £3.50 brushbaby.co.uk



GOLD

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HRIherbalmedicine.co.uk





1 Saponins Cream Cleanser, £42 sachiskin.com
"This is a velvety cleanser with Ayurvedic properties that's super effective at removing makeup and leaving skin feeling refreshed and bright."

2 Rose Renew Regenerating Serum, £46 baiebotanique.com
"This wonderful serum hydrates and softens almost instantly. My skin felt radiant after use and this effect lasted for hours. A new favourite to add to my morning routine."

3 Wonder Balm, £25 franchiseyoung.com
"I love a multi-purpose product! This Wonder Balm can be used as a cleanser or moisturiser and I found it really nourishing as a night treatment."

4 Orange Blossom Facial Oil, £25 luvmyoil.co.uk
"This replenishing night oil smells divine and comes beautifully packaged in a glass bottle and wooden lid. Felt like a real decadent treat."

5 Skin Dream firming night cream, £48 tropic skincare.com
"Packed with nourishing plant butters this cream looks and feels supercharged. I love the rich, rehydrating formula, which is certified organic."

6 Cleansing Face Milk with upcycled Oat Powder + Aloe Vera, £19.99 upcirclebeauty.com
"This cleanser is brilliant – effective, calming to my skin and smells lovely. And it is made by this company who have nailed circular beauty – the oats are upcycled from the food industry and you can send back your bottle for refill."

7 Organic Ashwagandha, £29.97 trueveda.com
"This is a power supplement. I love how within a few days of taking this I feel more relaxed and at ease. Everything seems to flow! Vegan capsules come in an attractive glass bottle."

8 New Skin Moisturising Facial Polish Exfoliant, £78.34 swisstoniq.com
"A beautifully packaged gentle facial scrub that gives a good polish to tired-winter skin. My face glowed after using this product, with its combination of rich oils like rosehip and argan."

9 Arella Vegan Collagen, £32.99 arella-beauty.co.uk
"I noticed a difference in my skin tone quite quickly after starting to take this daily vegan collagen formula. It's flavoured with Japanese Plum so can be taken straight from the sachet."

10 Forest (Day) Cream, £89 starseednatural.com
"Dreamy botanical cream in a wonderful jungle-green waterless formula. It smells so good – earthy and rich – and comes almost as a gel. Once applied it soaked quickly into skin."



As seen in John Lewis
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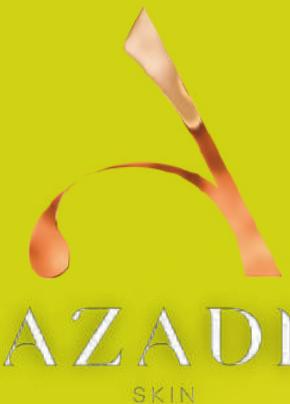
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