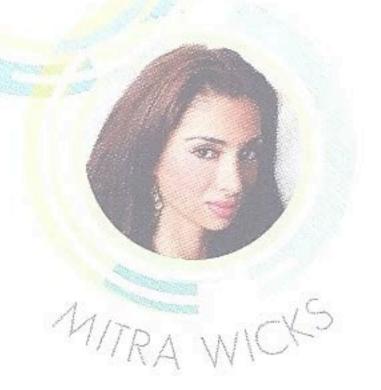
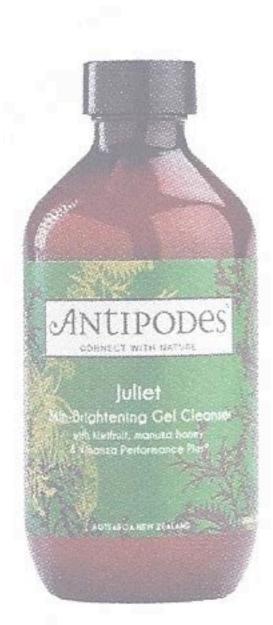
BFAUTY

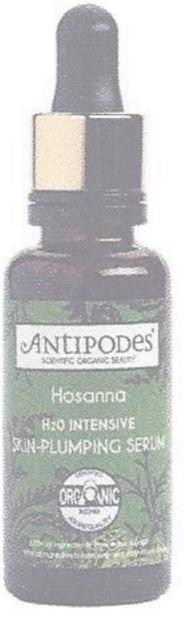


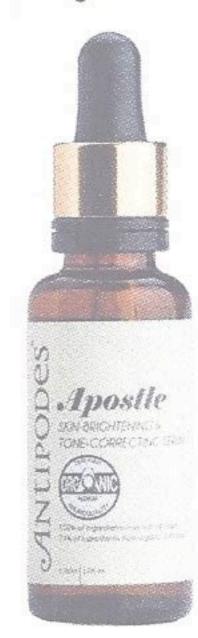
WITH A PASSION FOR ORGANIC AND NATURAL SKINCARE. MITRA HIGHLIGHTS THE HARMFUL EFFECTS OF CHEMICALS IN COMMERCIAL SKINCARE, WHILST DISCUSSING NATURAL AND ORGANIC ALTERNATIVES. @Mitrabeautyyoga

MUSINES

The latest news, trends and happenings in the exciting world of eco-chic beauty.









New Zealand natural beauty brand Antipodes has launched three new products for flawless skin this autumn. The YM team love the Juliet Skin Brightening Cleanser, £24.99, containing clarifying Vinanza Kiwi and their skin brightening serum, Apostle, £41.99, which has been scientifically proven to brighten sallow complexions in five days. For those with dehydrated skin, relief comes in the form of their Hosanna H20 Intensive Skin Plumping Serum, £27.00, which has been clinically proven to stimulate optimal synthesis of type one collagen production by up to 72%. antipodesnature.com

SPA SPOT - COMVITA

This quaint natural skincare boutique in London's trendy Portobello Road has a hidden treatment room which hosts their renowned Manuka honey facials. Book an appointment with holistic beauty guru Lisa Francis for a 100% natural skin-rejuvenating treatment harnessing the wonderful qualitites of this New Zealand 'wonder honey'. After a deep cleasne and exfoliation. Lisa creates a fresh face mask by combining Manuka honey with various minerals to suit your skin type. After the dewy glow achieved by my first visit, I am now officially an addict. comvita.co.uk

Garlie for Acme?

Garlic has been used holistically for years to treat acne due to its antioxidant, anti-inflammatory and antiseptic properties. After a random, particularly stubborn breakout I decided to test this theory by taking KWAI's Heart Care garlic supplements (£5.10 for 30 one-a-day tablets). After about six weeks I did indeed start to see my



acne gradually clear up! So I wish to share this discovery with all who understand the dreaded wrath of adult acne, which sadly is still a taboo. As an added (very important) bonus they are also proven to reduce the risk of heart disease. boots.com