

# BEAUTY



MITRA WICKS

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

@Mitrabeautyoga

# Beauty Musings

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



## Botanical Brilliance...

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 H2O 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](http://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 qualities of this New Zealand 'wonder honey'. After a deep cleanse 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](http://comvita.co.uk)

### Garlic for Acne?

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](http://boots.com)

