

# ***Make Your Own Makeup*** **From Organic Food or Minerals**



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# Introduction

## Why Use Natural Cosmetics?

Millions of women use makeup every day, yet are unaware of the toxic ingredients they are applying to their skin. Studies have shown that the application of makeup with these toxic chemicals can increase the risk of cancer, early menopause, birth defects, damage to reproductive organs, nervous system disruption, dermatitis, and immune system dysfunction.

Our skin is our body's largest organ; it can absorb any product that is applied, including makeup. Toxic chemicals in makeup are a serious concern, especially because makeup is often applied to the skin every day. Also, the makeup is applied to areas such as lips, where it can be ingested and eyes, where particles can make their way in.

If you look at the ingredients listed on the back of your makeup container, you will likely find a list of 10 to 20 ingredients you have never heard of. A few of the most toxic chemicals include: coal tar, formaldehyde, phthalates, petrolatum, parabens and fragrances.

Unfortunately, it is nearly impossible to find makeup sold in stores or online that is 100% safe. Makeup labeled as "all natural" or "organic" often still contains toxic ingredients. The makeup may be paraben free or lead free, but contain other harmful ingredients such as phthalates or titanium dioxide.

All of my recipes are made with natural ingredients and many of them are even edible! You can feel confident in knowing they are truly safe to use.

## Why Make Your Own?

The majority of these recipes are made from food in your kitchen and you can feel safe knowing what ingredients you used. The mineral makeup recipes also do not contain any harmful ingredients such as titanium dioxide (nanoparticles) or even mica, which can be a skin irritant.

You can save money! These recipes are inexpensive to make. The mineral makeup sold from online stores, which still contains titanium dioxide, mica, and phthalates, costs \$34.00 for one small jar of foundation. Yet, with my mineral foundation recipe (without harmful chemicals), it only costs about \$5.00 for nearly one year's supply!

Not only does making your own makeup from food and minerals allow you to have the safest makeup possible, but you can create your perfect color match. Many find it difficult to find the color they want as there are limited color options available in store bought makeup. By making your own makeup you can create the color you want!

## Tip for Storing Your Makeup

To extend how long the makeup lasts, it can be stored in the refrigerator.

# The Most Harmful Chemicals in Your Makeup

## Harmful Ingredients in Makeup

1. **Parabens** - Carcinogen, neurotoxin, found in cancerous tumors
2. **Formaldehyde** - Carcinogen, banned in Japan and Sweden
3. **Phthalates** - Carcinogen, birth defects, classified as mutagens causing genetic damage
4. **Triethanolamine** - Possible carcinogen, immune system toxicity
5. **Eugenol** - Endocrine disruption, toxic to immune system
6. **BHT** - Carcinogen, toxic to brain + nervous system
7. **BHA** - Carcinogen, hormone disruptor
8. **Fragrance** - Organ system toxicity, immune system + nervous system disruption
9. **Petrolatum** - Organ system toxicity
10. **Titanium Dioxide** - Nanoparticles
11. **Triclosan** - Endocrine disruptor, labeled as a pesticide
12. **Lead** - Known neurotoxin
13. **Nitrosamines** - Possible carcinogen, endocrine disruptor
14. **Diethanolamine** - Carcinogen, hormone disruptor

[healthextremist.com](http://healthextremist.com)

# About me



Hi! My name is Lori and I created [healthextremist.com](http://healthextremist.com) to share information on healthy living. I enjoy researching health topics and keeping up with the latest studies in health.

## **Why I wrote this book:**

It started out as a personal quest to find recipes to make natural makeup for myself because I thought my skin was affected by all the toxic ingredients in store bought cosmetics. I was also concerned that harmful ingredients were being absorbed through my skin.

So, I began trying to find natural recipes to make my own makeup online. However, I was unable to find a single recipe that did not contain harmful ingredients such as titanium dioxide and parabens. I also did not want a recipe with mica, as it can be a skin irritant, especially for those with acne prone skin.

I started experimenting with making my own makeup from organic foods and minerals several years ago. It took a very long time to determine what ingredients to use and how to perfect the recipes.

I was very pleased with the recipes I made and how effective they were in providing coverage and color. I gave a few samples to my family and friends and they loved how beautiful and gentle it was. They also commented that it was surprisingly long lasting.

I considered selling the makeup, but the recipes are so easy to make and many of the ingredients can be found in your kitchen, so I wanted to just share the recipes with you!