

Mother Nature's Beauty Secret

MINERALS ARE GOOD FOR GLOW

Story by Kelly Seeley

Who knew 30 years ago that mineral makeup would be the hottest cosmetic item today? All natural, finely ground minerals from the earth, free of any chemicals, dyes, preservatives or fragrances—Mother Nature's gift to us and our beauty regimen.

You can find mineral makeup at these Tampa Bay area spas:

Day Dreams
Day Spa & Bath Shop
In Atlantic Village,
Brandon
DayDreamsDaySpa.com

Massages for Health,
Valrico
MassagesForHealth.com

Pia's
South Tampa
PiaSpa.com

Facial Accents
Boutique, Tampa
<http://bit.ly/90VkcU>

Ever wonder how some women have that glowing, flawless-looking skin? Often it's courtesy of light, easy-to-wear mineral makeup. When used properly, mineral makeup applies evenly and allows your skin to be seen... with a little boost!

Three of the main ingredients in mineral makeup are mica, titanium dioxide and zinc oxide. Titanium dioxide and zinc oxide have anti-inflammatory properties which can be calming for rosacea and acne-prone skin. Both ingredients will not block pores and help with sun protection as well. Note: Even though mineral makeup has sun protection properties, you'll still want to use a good sunscreen underneath because it's not quite enough to combat the harmful UVA and UVB rays.

Mineral makeup can be used to enhance your natural beauty or help to camouflage areas that are less than perfect. "We are so fortunate to have mineral makeup as our first line of defense against aging. Why use anything else?" asks Leanne Carter, owner, Facial Accents Boutique in New Tampa.

Port stains, vitiligo, bruising, acne and even aggressive skin-care treatments can be comfortably concealed under mineral makeup. It's light, natural, good for you and powerful!

From algae and pomegranate extract to green rooibos tea, ingredients will vary from brand to brand, and

most people find the natural elements to be gentle on the skin. Some mineral makeup has added fillers in the ingredients so be sure to stay with a 100% natural makeup line. Whether it's liquid or powder, there are many benefits to mineral makeup for the skin but the traditional routine of removing your makeup before going to bed still applies.

If you've never tried mineral makeup, it's definitely worth experimenting. There is virtually no allergic risk involved and the inert minerals do not support bacteria. However, bacteria can lie within the application tools, including brushes and sponges. It's important to wash utensils at least once a week with either a brush cleaner or baby shampoo. Shake them out and lay them flat to dry completely. If your skin is oily, it is recommended that you replace your brushes monthly.

This fall there are some hot new colors available in mineral makeup brands. It's a far cry from the plain old browns. Enter your highness, a la purple. From lighter violets to rich, deep eggplant, you'll be feeling like royalty...naturally.

Kelly Seeley is co-founder of spa50.com and "5 Days of 50." *spa50* is an online resource connecting spa-going consumers with Tampa Bay area spas. The first "5 Days of 50" event will be held Sept. 20-24, 2010. Visit spa50.com for more information.

