



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.

@MITRABEAUTYYOGA



BLISSFUL BLENDS..

I am ridiculously excited about the UK launch of natural body care range, Blend Collective. Created by a team of UK aromatherapy experts, all products are 99-100% natural, smell amazing and contain skin-loving ingredients such as circulation-boosting Gotu Kola and antioxidant-rich pomegranate seed oil. They also look rather stylish on your bathroom shelf.

blendcollective.co.uk

BEAUTY MUSINGS

THE LATEST BEAUTY NEWS, TRENDS AND EXCITING HAPPENINGS IN THE WORLD OF ECO-CHIC BEAUTY



DREAMS OF BOTANICAL BEAUTY..

Tara Walker had a dream - to create a luxe skincare range composed of indigenous plant extracts from around the world, free from synthetic ingredients. Blended in the Cayman Islands, these skin-transforming products have recently been launched in the UK. I unashamedly confess that I'm slightly in love with the antioxidant-rich, rejuvenating Dream Serum – a heady blend of 109 active botanicals and skin-plumping essential oils.

£89 tarawalkersdream.com

SCENTS OF NATURE..

I'm revelling in blissful smugness right now having discovered this fabulous range of organic soy candles and other lovely smelly goodies. Aromaworks use only organic ingredients combined with essential oils, and are free from paraffin and synthetic wax. After a stressful day at work or a rather vigorous Vinyasa class, I light one of their Soulful candles and my bathroom suddenly turns into a relaxing spa. Magic!

£10+ aroma-works.com



BANISH YOUR SOAPY FEARS..

Aromatherapist, Kirstie Garret has created a skin-brightening facial soap aptly named Baby Face. I did think twice about lathering up the caramel-coloured bar due to a deep rooted soap fear, but after following Kirstie's advice to leave the suds on for a few minutes, I was taken aback upon glancing in the mirror later to be faced with, well, a baby face! Containing skin-nourishing vitamins and Asses' milk – once bathed in by the original beauty addict – Cleopatra, this beauty bar is a very exciting natural beauty find indeed.

£17.95 prendsletemps.co.uk