

# Benefits of Natural Skincare

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I cannot speak for the benefits of all “natural skincare” lines as the word “natural” is very broad. I can speak for the benefits of my fresh natural skincare line. **Our skin is our largest organ. It absorbs at least 60% of what we apply to it topically.** This explains why, for example, medically prescribed hormones and antibiotics can be absorbed through the dermal layers by topical application.

Fresh, high quality, nutrient, vitamin and antioxidant rich natural oils and butters that are properly selected and formulated to nurture, heal, soothe, protect against dryness and lock in your skin’s moisture benefit your skin’s visible and tangible beauty (preserve its soft, smooth, clear and radiant appearance, free of inflammation, rough texture, eruptions, etc.) and preserve its function as your body’s first line of defense against infection and illness.

**Skin that feels and looks healthy is not only beautiful, but often indicates overall health.**

Likewise, skin eruptions, inflammation, and irritations may be a sign of illness below the surface, because elements that can either harm or benefit all of our organs may enter and exit through our skin.

Natural skincare to me means free of parabens, phthalates, sulfates, mineral oil, formaldehyde, harsh artificial preservatives and dyes, and does not use animal testing in any of its ingredients. For more information on this, please see [rednotebotania.com](http://rednotebotania.com) FAQ’s.

The bottom line for me is that fresh natural skincare, when used consistently and as directed, benefits not only the visual and tangible appearance of your skin in products that are safe, effective and eco-friendly from the ingredients to the packaging, but that **natural skincare products do not put you at risk for illnesses that may result from using potentially toxic or harmful ingredients**, particularly if used in the long term.

***Healthy skin, healthy you.***

