

# magic mineral for your skin's health



Mineral make-up is the beauty phenomenon of 2008! As a beauty professional, I recommend it for the countless benefits associated with wearing a natural, pure substance on your skin. Unlike most chemically-laden foundations, the minerals and pigments used come directly from the earth, boosting your skin's health.

Anyone can wear mineral make-up, and for this reason it has become a hit at Lime Health and Beauty. It's ideal for women suffering skin conditions such as acne, congestion, breakouts, sensitivity, rosacea or excessive redness.

Mineral make-up is made without fillers and binders such as talc or mineral oil found in most products. Nor does the product contain chemical dyes, fragrance or preservatives, the most common allergens in cosmetics.

### how to wear it

Apply your make-up as sparingly or as generously as needed. Once you have perfected the art of applying it, which takes a little practice, you will never go back. The best way to learn the action and to perfectly match the colour to your skin is to book a consult with your beauty professional.

### tips and hints

Make sure your moisturiser has absorbed before you apply your mineral foundation.

Mineral make-up is concentrated so a little goes a long way. Apply in circular buffing motion, swirling all over the face.

For the best finish, use a hydrating spritz formulated for mineral foundation to set the minerals for a long-lasting dewy finish.

I prefer a pressed mineral foundation as they are less messy, as you don't have to shake them to release the minerals. My favourite brands are Skin O2 and Jane Iredale.

Check the label to make sure it is talc-free, a product that contradicts what mineral make up is all about.

Your skin will love you! ■

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