**DOSSIER 12 DOCUMENT 1**

**How to get complexion perfection and be a naturalist**

Do you worry about the number of chemicals you’re slapping on your skin? Are you concerned over what you’re washing down your bathroom sink into the environment? If so, you share your worries with 42% of UK consumers, who favour natural and organic buys.

If you like the idea of reducing your chemical load but feel daunted by making your entire routine totally natural, be strategic about it and pick the products you use daily, such as cleanser and moisturiser.

Use two-in-one multi-tasking products, for example a micellar 3 in 1 cleansing solution which is a super-gentle, no-rinse cleanser, toner and effective make –up remover in one.

Materials such as peach stones can work as excellent gentle exfoliators when they’ve been ground down.

Many make-up wipes have been found to contain polyester in the fabric, so, if you really can’t give up wipes, switch to biodegradable versions which are made from plant-based cellulose that won’t still be in a landfill next century!

Natural products can do wonders for your skin and the environment but don’t sacrifice quality when it comes to naturals and check to see whether the brand has patents on natural ingredients and read up on its website to learn about research and development innovations.

Adapted from an article “The Naturalist” by Caroline Brien

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