

Beauty Talk

Why organic cosmetics and hair products are better choices

by Emmanuel Faipoux / photos by www.thinkstock.com and Emmanue F.

Choosing beauty and skin care products is as important as choosing what you eat. The skin, as the body's largest organ, absorbs 60 percent of the nutrients you apply. Nowadays, the conventional cosmetics that lure customers with their marketing campaigns may actually contain active ingredients that can irritate and harm your skin. If side effects occur, then it's time to use natural and organic instead.

The term organic means that all or most ingredients were grown without the use of synthetic pesticides, chemical fertilisers, growth hormones and other harmful additives. With organic farming, the plants are not depleted of their natural vitamins and minerals, water and soil are not polluted and farmers are not exposed to toxic chemicals.

Some wonder what the benefits of using

organic products are. In fact, beauty products made from organic ingredients actually provide therapeutic benefits. They are often more effective than commercial brands as they contain natural ingredients. Products that contain plant ingredients are highly rich in active molecules, meaning they give your skin a younger look.

These days, there are a number of organic cosmetics on the shelves and it can be difficult to choose. Beauty experts suggest that to guarantee you are purchasing a certified organic product, you need to ensure it has the organic cosmetic certification label and logo of a recognised certification body, such as Ecocert, the Soil Association, or the United States Department of Agriculture.

If a product has a Cosmebio label certified by Ecocert, for instance, this implies that 95 percent of the total ingredients are natural

origin. Moreover, they adhere to the rules of production and controlled packaging, traceability and control obligation. However, some cosmetic brands go beyond Cosmebio's criteria and are able to offer 100 percent ingredients of natural origin.


Today, certified 100 percent natural ingredients and organic make-up brands are available in Hong Kong. Each offers a full range of products and an extensive color palette.

Meanwhile, if you want permanent or temporary hair colour, you can go for either the conventional 100 percent chemical or healthier hair colours. The latter contain certified organic ingredients which are ammonia-free and resorcinol-free, with the lowest possible



level of pharmaceutical products.

Quick and easy hair-colour packages sold in convenience stores may sometimes contain ammonia. According to the Agency for Toxic Substances and Disease Registry, Division of Toxicology in Atlanta, Georgia in the US, ammonia is a hazardous substance that can produce negative health effects including irritation to the skin, eyes, nose, throat and lungs. On the other hand, the International Agency for Research on Cancer, part of the World Health Organisation, reveals that hairdressers have higher risks of developing cancer when they worked with hair dyes of any sort for five years or more, as published in the April 2008 issue of The Lancet Oncology.

The use of chemicals in the growth of plants not only harms the plants and individuals, but also damages the environment. To stay green, choose a healthier alternative and say goodbye to conventional beauty products and hello to organic. In few weeks, your skin will be silkier, and your hair shinier and with longer-lasting colour. 



Treat your skin and hair with care at Emmanuel F, Nexus Building, Level 2, Shop 211-213, 41 Connaught Road, Central. For inquiries, call 2167 8280. Opens daily from Monday to Saturday from 9am to 9pm, Sundays and public holidays from 11am to 9pm. Visit www.emmanuel.com for more details.