

## All Natural Skin Care Ingredients. Do They Matter?

So you're thinking what does it matter? The ingredients in natural skincare products don't matter as long as the products work. I saw that exact comment on a skincare website recently.

I don't care what's in it as long as it works.

Why is there such a consumer movement towards natural skin care products? There seem to be 2 reasons.

1. Bit by bit there is a growing realization that there are some fantastic naturally occurring substances that really are very good for your skin.

This is clearly true. A good example is Phytessence Wakame. This is a seaweed that has fantastic properties for optimum skin health. It is found around Japan and is eaten by the Japanese and is one of the big secrets of why Japanese women have such great skin.

Here's another example. Shea Butter. This is the oil found in the nut of the Shea tree, a tree found in Africa. It has wonderful natural moisturizing properties. And there's lots more examples of naturally occurring substances that are as good or much better for your skin than the ingredients found in big brand skin care products.

2. And consumers are finding out that there are often suspect or dangerous ingredients found in big brand skin care products, usually because a chemical alternative is way cheaper than the more natural alternative.

I have written before about some of the chemical ingredients that can be found in many skin care products and cosmetics. And in some natural skin care products too.

So if you consider these 2 reasons for the big movement towards more natural skin care products it does seem to us that the ingredients that are found in your products ARE important.

You the consumer wants SAFE ingredients and EFFECTIVE ingredients. So the whole consumer movement towards all natural and organic skincare products is driven by a concern about what INGREDIENTS are in them.

We demand safe and effective products.

Do all natural skin care products contain only safe and effective ingredients? No sadly.

But there is a way to work out which products are safe and effective and I'm pleased to say that there are some very good, effective and safe natural skin care products that are well worth using.

The best natural skincare products are made by a company that clearly lists all the ingredients in its products on its website and is also a signatory to the Compact For Safe Cosmetics.

That is pretty persuasive. Find out who they are on my website.

## About the Author

Want to find the best [Natural Skin Care Products](#)? Or learn more about [natural skincare ingredients](#)? Visit Peter's Website Natural Health-Natural Skin Care.

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