

Be Good To Your Face By Using Only Natural Mineral Makeup

For those of you women who want healthy skin but can't seem to go without a little blush and eye shadow, there's makeup made from pure minerals that can present your face a natural alternative to the drugstore cosmetics. This mineral makeup opens up a world of makeup that is both natural and stylish. There are five main reasons to begin using mineral makeup immediately.

First of all, mineral makeup lets your skin breathe. Regular makeup can lead to ugly breakouts for a lot of women. This is because a woman's skin can be very picky about what is put on it. Anything that is too heavy will block pores and potentially lead to pimple development. Mineral makeup is extremely light, which makes it a popular option among women with sensitive skin. This lightness also means that you can occasionally wear the makeup to bed without paying the price the following morning. However, it is not suggested that you wear the makeup to bed.

Mineral makeup feels better than regular makeup. Some makeup formulations can leave you feeling extremely oily. A lot of women who use mineral makeup are finding that the uncomfortable mask-like greasy feel of traditional makeup is not there. Without the mineral oils, talc, and other weighty ingredients that are found in traditional makeup products, mineral makeup is a lot more comfortable. If your complexion is oily to begin with, mineral-based products are especially helpful.

Thirdly, mineral makeup is better for your health. Although your skin is a great barrier to the outside world, it isn't totally immune from impurities. You can and do absorb a good amount of stuff through your skin, including the chemical ingredients that are found in regular makeup such as alcohol, dyes, fragrances, and fillers. Mineral makeup is made up of mostly finely pulverized minerals and natural coloring agents. Zinc is a common ingredient, as it soothes red, inflamed skin, and provides protection against the sun's UV rays.

Mineral makeup also helps you to avoid infections. This is a lesser known, but definitely appealing fact. Regular makeup can become a Petri dish for microorganisms such as bacteria, mold, and yeast. By nature, minerals are inorganic and therefore, are a lot less likely to breed these microorganisms. However, that assumes that you follow beauty hygiene basics like washing your hands before working on your face, using clean brushes, and maintaining a reasonably sanitary area to store your cosmetics.

Lastly, mineral makeup allows you to look your best. Most of you are probably thinking that it is nice that mineral makeup won't ruin your skin, but will it really do what it's suppose to do in the first place as a makeup. The answer is yes. Minerals refract light, which gives your face a glow while still making crow's feet, fine lines, and wrinkles less noticeable. Many brands also supply a complete line of products, which include blush, bronzer, concealer, eye color, and foundation. This allows you to achieve a full range of skin effects. To use mineral makeup, it is best to apply it in very sheer layers. To learn more about mineral makeup, contact your local health food store.

About the Author

More information on [mineral makeup](http://vitanetonline.com/) is available at VitaNet ®, LLC Health Food Store. <http://vitanetonline.com/>

Source: <http://www.spivo.com>