

## **“How do I choose a quality skin care product?”**

**Are you confused about how to choose a quality skin care product? Do you want a product that really works? Are you scared of all the potential cancer causing ingredients in the skin care products? Do you want skin care that is made fresh weekly and has a life force to actually heal and improve your skin's cells? Do you value handcrafted locally? Do you appreciate the care and love a certified organic grower puts in making your products? Lily loves to help women go from confusion to clarity.**

**Lily's Mantra is: “The quality of a skin care product is completely determined by its ingredients.” What else can make a product improve your skin's texture, appearance and health? The fancy wasteful packaging? The disappointing claims? The latest hype?**

**Even the United States Center for Disease Control has been warning us, stating:**

**“Many adults have high levels of toxic chemicals in their bodies because of synthetic ingredients in many mass-market personal care products.”**

**What is really difficult for consumers, is so many companies calling themselves, “natural” or “organic,” and are putting synthetic chemicals in the products. It's similar to your good friend inviting you over for dinner and picking the organic tomatoes, onions, and garlic from their organic garden to make you a wonderful organic stew, and right before they serve it to you, they pour in a little bit of formaldehyde! Do you any longer care that the original ingredients were organic? One bad drop does spoil the entire batch. For example: formaldehyde is toxic at one part per million and many skin care products contain formaldehyde releasing chemicals.**

**In addition, your skin's cells cannot be in protection mode from a synthetic chemical and benefit from nutrients at the same time. Bruce H. Lipton, the cell biologist, states, “The human blood vessel cells I studied at Stanford University exhibited one microscopic anatomy for providing nutrition and a completely different microscopic anatomy for providing a protection response. What they couldn't do was exhibit both configurations at the same time.”**

**In other words, your skins cells are open to all the goodness of a skin care product and the cells moves toward the nutrients and open up to take them in which creates cell growth, repair and renewal. When your skin encounters harmful synthetic chemicals the cell moves away and shuts down. Resulting in no cell reproduction and chronic conditions and wrinkles develop.**

**Another problem for consumers is that so many companies selling skin care have nothing to do with making it. They don't really have an understanding of how to make it, how it is made, what ingredients do in a product or on the skin. More**

importantly, some actually think their products are natural. They have never produced a product or made one from scratch so they don't understand chemical constituents or the ingredients in their own products.

More confusion for consumers and a big problem with the private labelers making a product is that they are making the same exact cream for hundreds of skin care companies. Some are selling it for \$1.50 an ounce and some are selling it for \$150 an ounce and it often can be the exact same cream! Some companies just tell them to put in a little lavender or a little of whatever ingredient. This is the latest fad.

Lily doesn't think there is any doubt in consumer's minds anymore about the harmful chemicals in their products. She thinks they just want solutions to their skin care problems that work for them and the earth.

So, what are you suppose to do? Lily has boiled it down to seven questions to help you determine a quality product.

- 1.) Do you get results? -This is very important, woman want products that actually work to benefit their health and beauty?
- 2.) Are the products free of all synthetic and potential cancer causing chemicals and does it state it on the bottle?
- 3.) Are they made fresh weekly and have plants with a life force?
- 4.) Are they handcrafted? Or made by private labelers?
- 5.) Does the company have their own FDA inspected lab where they can make all their own products and maintain the highest quality control?
- 6.) Are they organic?
- 7.) Is the packaging in glass and kept to a minimum to respect the Earth?

Or if you really want organic, fresh and chemical free products make your own. There are over 100 recipes in Lily's book and many free recipes on her website.

Lily is the author of, *Beauty, Health and Happiness- A way of life*. She is a certified organic grower and 7<sup>th</sup> generation American farmer. She is the founder and formulator of Lily Organics, Inc. For over 22 years she has been making products fresh every week in her own FDA inspected lab.

For more information go to [www.lilyorganics.com](http://www.lilyorganics.com) , e-mail [answers@lilyorganics.com](mailto:answers@lilyorganics.com) or call 303-455-4194 or 1-800-333-LILY (5459)

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