

## Mineral Make-up

Mineral make-up has really come into its own in the last five years although they have been around longer. From being offered by a few innovative beauty companies to a niche market it has been adopted with great enthusiasm by all the large cosmetic houses that are now competing for a share in this lucrative market. It has increased in popularity because it is supposed to be much more 'natural' than other types of makeup and it is made without any oils, perfumes, synthetic dyes or talc thus making it very gentle on the skin.

The make-up products contain natural minerals such as; titanium dioxide, zinc oxide, bismuth oxychloride, iron oxides and mica. These ingredients provide a flawless finish, a good coverage and light reflecting properties to minimise the appearance of fine lines.

### **Benefits of using mineral make-up are:**

- They are lightweight make-up that allows the skin to breathe
- They are composed of inert minerals that do not support bacteria and therefore recommended for acne sufferers
- They are non comedogenic so do not block the pores in the skin therefore less likely to cause spots and blemishes
- They are hypo allergenic containing less of the ingredients that may cause irritation such as fragrance, preservatives and binders, this means they are less likely to cause allergic reactions
- They are said to be anti inflammatory as some of the ingredients help to calm the skin therefore some dermatologists recommend its use to sufferers of acne and rosacea
- They are water resistant
- They provide good coverage and the amount applied is easily controlled
- They contain no fillers or binders, chemical dyes or preservatives that irritate the skin, therefore it is ideal for those with sensitive or allergy prone skin
- They contain UVA and UVB protection. However, it is still advisable to use a additional protection because the amount applied with the makeup application may not be sufficient to protect the skin effectively.

### **Caution**

It is important to read the ingredients listed when buying mineral makeup if you are concerned about additional ingredients that may irritate your skin. Some companies go to great length to formulate products without the filler, preservatives, perfume etc. However there are many who still add all these things in addition to the minerals yet still claim it is a 'natural' mineral makeup and these added ingredients to the mineral content may not suit your skin.