

I Love your skin

Learn how the vegetable oils in Inlight products can help feed your skin, and reveal a more radiant you

promotion



Your skin is an organ in its own right and as such needs specific food and nutrients in order to stay healthy and beautiful. And when it comes to nutrients that you can rely on to nourish your skin, the Essential Fatty Acids (EFAs) Omega-3 and -6 are among the most important. This is because they are a component of sebum, the fat that protects our skin and keeps it moisturised.

However, as our body is unable to produce EFAs, one of the best ways to get them is to take advantage of the EFAs present in vegetable oils. Opting for organic, extra-virgin and cold-pressed varieties of vegetable oils such as those used in the Inlight organic skincare range is even better as they are believed to have a more potent action.

Trusted Remedy

Ancient civilizations such as the Egyptians, Greeks, and Romans considered vegetable oils very precious for use both inside and outside the body and regularly used them to nourish and feed their skin. Inlight organic and vegetarian skin products combine this ancient wisdom with modern science and technical knowledge. "Being mostly 'food grade' (ie gentle enough to eat), Inlight products aim to give your skin its five-a-day," says Dr Mariano Spiezia, medical doctor, homeopath and herbalist, and formulator of the range. "They are

the perfect choice for those looking for a more natural and effective beauty regime."

Natural Formulation

With no synthetic ingredients, alcohol or water to dilute the ingredients' strength, Inlight organic skincare offers the dual functionality of working on your skin to cleanse, detox and feed it and also with the skin, stimulating its own natural balance and defence mechanisms.

Completely handmade in Cornwall, Inlight products are designed for use on your face and body, and have all been certified organic by the Soil Association. Everything in the range uses only plant-based ingredients and naturally occurring antioxidants such as vitamin E, chlorophyll, beta carotene, minerals and essential fatty acids. Plus, the entire range is suitable for vegetarians and the oils for vegans.

Special Offer!

Cook Vegetarian! readers will receive free P&P when buying any of the Inlight products online until 15th May 2010. Simply enter the voucher code 'vegskin' before heading to the checkout.

For more information on the entire Inlight range, and to buy products online, visit the website www.inlight-online.co.uk

