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Monday, 19 April 2010

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Organic 'Beautifood'!

Wednesday, 24 March 2010



By Andrea McVeigh.

If there's **one thing a green goddess never forgets**, no matter how tired she is, it's her **night-time cleansing routine**.

So when some fab new **Inlight** products - an **organic face cleanser and night balm** - dropped on the Green Living desk, we **couldn't wait to try them out**.

The range comes with **excellent credentials** - created by **Dr Mariano Spiezia**, a **medical doctor, homeopath and herbalist** and his wife **Loredana**, it uses only the **finest, ethically-sourced, 100% organic** and mostly food-grade ingredients in the products.

It's billed as **'skincare that works not only on but with your skin'** and those food-grade ingredients are captured **at their most potent** to create the **best possible diet for your skin**.

Yep, that's right - **a diet for your skin**, or, in this case, we're talking **'beautifood'**.

That's because **Inlight treats your skin from a medical standpoint** and all the products are considered to be **ongoing treatments**

rather than a temporary cover up.

Our **skin acts as a detoxifying organ**, releasing toxins and waste from inside to out. So for our body's **natural healing process to be effective**, skin must be in **tip-top condition**.

And **nothing makes you look more beautiful** than inner health and wellbeing.

So much for the science - **the products also work fantastically well too**.

They're filled with **a rich blend of antioxidants and nutrients** - omegas 3, 6 and 9, beta carotene, vitamins A, E and D, chlorophyll and anthocyanins.

There are no unnessesary extras (so **no synthetic, water or alcohol 'fillers'**) - each carefully selected ingredient provides all the care that your skin needs.

As a result, the products are **naturally absorbed and welcomed by your skin**.

We found that to be true of the **Organic Face Cleanser** (£25.95) - made with **coconut oil to moisturise and rosemary to purify** - which **melts in your hand** so you can then massage it deep into your skin, before cleansing with a damp face cloth or cotton wool and water.

It's also true of the **Organic Night Balm**, made with **lavender to soothe and macadamia to regenerate** (£35.80), which features **tiny white granules of condensed shea butter** - a happy sign of the nature of the raw ingredients.

Rather than clogging your pores and forcing toxins back inside, Inlight lets your **skin radiate from within** - that's just one of the reasons why we are **loving this range so much right now**.

Other products include an **Organic Daily Face Oil**, **Organic Line Softener**, **Organic Firm & Tone Oil** and an **Organic Restorative Body Butter** - all 100% organic and 100% GM free - plus **ointments and teas**.

Check out www.inlight-online.co.uk for the full collection. It's all also suitable for vegetarians, while the oils are perfect for vegans too.

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