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Shopping



Go green with your beauty routine

By Lisa Charleyboy

As beauty trends tout everything 'organic' and 'natural', it can be challenging to figure out who is really doing earth-friendly right and which products are capitalizing on their labeling laurels alone. One easy way to go green is to get back to the basics and look at some beauty techniques that have been around for ages and have stood the test of time.

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Coconut Oil

Organic virgin coconut oil is deemed "the healthiest oil" and is useful for many beauty applications. It can be nature's rejuvenator when applied to dry or damaged hair. Let it sit for a few hours or even overnight, then wash it out well, skipping your conditioner rinse. It penetrates the hair shaft to internally moisturize the follicles and reduces protein loss, which leaves your locks looking shiny and healthy. You can also apply it to your scalp for nourishment. Use it as a skin moisturizer for super dehydrated skin and even on those arm bumps (keratosis pilaris) to secure smooth skin for summer.





Spectrum Refined Organic Coconut Oil
-- 14 oz Each /

Pack...
 \$81.25

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at Vitacost.com
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Spectrum Unrefined Organic Coconut Oil
-- 14 oz / Pack of 12

\$118.88

Buy it

at Vitacost.com
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SunFood Nutrition Organic Coconut Oil
-- 24 fl oz

\$26.96

Buy it

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Vitamin E

Using vitamin E topically is something most of us learn after scraping our knees as children. But there are many more ways to get face time with that bottle of vitamin E oil in your medicine cabinet. You can mix it with olive oil and leave on your face overnight for soft and supple skin by sunrise. Used with almond oil, it makes a great formula for cracked lips or cuticles. Mixing it with coconut oil creates a natural sunscreen, protecting your skin from UV rays. Plus if you just happen to get too many rays, you can add it to aloe vera to help soothe your sunburnt skin.



Jason Vitamin E Oil
14,000 IU -- 1 oz

\$4.39

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at Vitacost.com
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NOW Vitamin E Cream - 28,000 IU 4
oz.

~~\$23.98~~ Sale \$17.98

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at AstroNutrition
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Derma E Vitamin E Skin Oil

\$13.59

Buy it

at Well.ca
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Derma E Vitamin E Creme -- 12,000 IU -
4 oz

\$7.50

Buy it

at Vitacost.com
[Similar items](#)

[Shop for Products Containing Vitamin E](#)

Castile Soap

Although it's been dubbed "hippie soap," castile has many advantages over other soaps. It originated from the Kingdom of Castile in Spain during the medieval times and was originally made from just olive oil. These days it refers to a vegetable oil-based variety. It softens and smoothes the skin due to the emollient property of the glycerin, which hasn't been stripped away through processing. Castile soap is a humectant, which draws moisture from the air to your skin, unlike commercial soaps, which can actually strip skin of moisture. It's natural, organic and biodegradable, so even David Suzuki would approve.





Dr. Bronner's Organic Pure Castile Liquid Soap Peppermint...

\$3.82

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Dr. Bronner's Liquid Castile Liquid Soap Tea Tree -- 16 oz

\$4.87

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Dr. Bronner's Castile Peppermint Bar Soap -- 5 oz Each / ...

\$7.17

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Shea Butter

Shea butter is extracted from the seed of an African shea tree by crushing and boiling it. It contains healing properties excellent for the skin and scalp. It's used to treat dry skin, chapped lips, dermatitis, stretch marks, wrinkles and burns. It has vitamins A, E, and F, which help keep the skin beautiful, healthy and rejuvenated as well. Using it in a moisturizer or lip balm is an excellent way to benefit from its smoothing properties. It even contains cinnamic acid, which helps protect against UV rays. Shea butter penetrates the skin easily and doesn't clog the pores, making it ideal even in humid weather.



Alafia Shea Butter Moisturizing Cream Savanna Rain -- 4 oz

\$8.65

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Grandpa's Shea Butter Soap with Lavender and Vanilla

\$2.15

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L'occitane Shea Butter Ultra Rich Face Cream, 50ml/1.7oz

\$44.38

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L'occitane Shea Butter Ultra Rich Body Cream, 200ml/6.6oz

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