

## VITAKIDS RECOMMENDS

### ADULTS

- **FACIAL CARE**  
(a) Cleansing: All Natural/Organic Make-Up Remover, Face Wash, Face Scrub Exfoliator  
(b) Toner: All Natural/Organic Toner  
(c) Facial Care: All Natural/Organic Facial Oil, day & night cream
- **EYE CARE**  
All Natural/Organic Eye Serum (Day) or All Natural/Organic Eye Cream (Night)
- **HAIR CARE**  
All Natural/Organic Shampoo & Conditioner, and Hair Serum
- **BODY CARE**  
All Natural/Organic Shower Gel, All Natural/Organic Lotion, Natural Deodorant
- **SUN CARE**  
All Natural/Organic Sun Lotion

### BABIES / CHILDREN / TEENAGERS

- **FACIAL CARE**  
All Natural Eczema Care Face & Body Wash, All Natural/Organic Face Wash
- **HAIR CARE**  
All Natural/Organic Children Shampoo & Conditioner, All Natural Hair Detangler
- **BODY CARE**  
All Natural/Organic Children Bath & Shower Gel, All Natural/Organic Babies Baby Wash & Shampoo, All Natural Children Soothing Cream, All Natural/Organic Children Face & Body Lotion, All Natural/Organic Baby Lotion, Natural deodorant
- **SUN CARE**  
All Natural/Organic Sun Lotion

### Find Us

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6. **COMPASS ONE:** #03-15 | 6386 4585 | compass@vitakids.biz
7. **PARKWAY PARADE:** #B1-53 | 6344 0161 | parkway@vitakids.biz
8. **UNITED SQUARE** #B1-21 | 6909 3391 | unitedsq@vitakids.biz
9. **E-commerce Partner:** www.natureswisdom.sg

This material contains general recommendations only and is not intended to replace the advice of your healthcare practitioner.



## Why You Should Choose All-Natural & Organic Skincare Products



### Did you know?

The skin is our body's largest organ and up to 60% of some of the chemicals we apply to our skin may be absorbed into the bloodstream?

We go through a daily combination of cleansers, toners, serums, day and night creams, eye gels, shower gels, body lotions, lip balms, etc., but how many of us are actually aware of what goes into these beauty products? If you have not been paying attention, well it is time to do so now.

Eczema is a common skin condition, which is characterized by dry, red and itchy skin. About 10% of adults and up to 20% of children worldwide are affected by it. In recent years, there has been a drastic rise in the numbers of children being affected by eczema, especially in developed countries. Singapore, for instance, has one of the highest rates of eczema in Asia. If not managed properly, eczema can have a negative impact on one's quality of life.

Unlike dietary toxins which will be detoxified by the enzymes in our liver, what we apply to our skin goes directly into the bloodstream. Skin sensitivities is one of the main reason for people turning to all-natural or organic skincare. But what if you are not a sufferer? Does that mean that you don't have to switch to using all-natural or organic skincare?

Perhaps, let me leave you with this question:

**"If you avoid chemicals in your diet, why not do the same for your beauty regime?"**



## What Happens to Your Skin When You Switch to Using Organic Skincare Products?

When making the first switch to using organic skin care products, you might experience skin detoxification symptoms, such as breakouts, as this is the body's way of cleansing itself from toxins. This is especially true for those with acne prone or sensitive skin. Although such reactions can happen when you use new products, the side effects are usually greater if your skin has become addicted to the harsh ingredients used in conventional skincare products.

The side effects of this 'skin detox' may continue up to a week or two, but if you continue using organic skincare products, you will start to notice a visible difference to your skin.

## What Should You Look Out for In All-Natural or Organic Skincare Products?

The key thing to remember is not the ingredients that are present in skincare products but rather the ones that are **absent**.

Organic skincare products usually do not contain **parabens, sodium laureth sulphates (SLS), synthetic chemicals, dyes, ethanol/ethyl-alcohol, preservatives, fillers, petroleum-derived ingredients (e.g. mineral oil, lanolin), or artificial colours and fragrances.**

Did you know?

1. Most commercial personal-care products contain a high concentration of synthetic chemicals. These chemicals provide a 'nice' feeling on the skin, but they often offer few, if not no, benefits to the skin.
2. Some of these synthetic chemicals are also known as "penetration enhancers", because they help other ingredients to penetrate through the skin more easily. This could result in more toxins entering and depositing themselves in areas of the skin where they are usually not found in, such as organs and fatty tissues.



## Product Composition Comparison (e.g. Hair Care Products)

