

Health & Beauty

shea pleasure

"The idea of making natural skincare was conceived after the birth of my son Alex who is now 5 years old," explains Violet Reed. "He had very dry skin, cradle cap and was prone to eczema. I realised that the only way to be certain that the creams and body wash I was using on my baby were natural, pure and did not contain anything nasty was to make them myself. After intensive research I enrolled on a natural soap making course and later a course on making creams and lotions. I was totally addicted! The one most important ingredient I discovered along the way was Shea Butter." You can now purchase Violet's blends from sheabutter.co.uk, which supports sustainable and ethical trade.



♥ WE LOVE ♥

HayMax is a pollen barrier foam that is proven to be effective against both tree and grass pollens and is applied at the base of the nostrils to block pollen entering the nose. Certified 100% organic by the Soil Association, this is suitable for children, pregnant women and breast-feeding mothers. £8.95, haymax.biz



WIN an allergy free clean

The "Allergy & Asthma Free Home" Package consists of Allensarch's best selling allergy and asthma cleaning products. This package will help you control allergies and asthma symptoms by breaking down the most common allergens in your household without the use of perfumes, dyes, and other irritating additives.

The set contains, Allensarch Allergen Wash-Laundry Detergent, X-Mix Powder Carpet Cleaner and Anti-Allergen Dust Spray and costs £59.99 from allenscosmos.co.uk. We have four

to give away to our readers. For your chance to win, simply send your name, address and answer to competitions@thegreenprint.co.uk. Q: What is the strapline of allenscosmos.co.uk?



five of the best suncreams tried & tested



1 SARAH JONES TRIED
Solero Organics, £21.49, Bioscience.co.uk It has to be kneaded before using but this is easy to do. It is scent free and rubs in well so you feel like you aren't really wearing sunscreen at all. An effective sunscreen is important for us and this one performs well.



2 HOBAG DAVIDSON TRIED Baby and Child, £10.90 lauras.co.uk Easy to apply and it has a slight tint when it first goes on, so you can tell where you have missed bits. Worked well and we had no sunburn by the end of the day. My teenage daughter was happy as normally she burns easily.



3 RAY WOOD TRIED Badger Baby SPF 30+, £14.99 badgerusa.com This is 100% natural and chemical free. Easy to apply and very moisturising. Once rubbed in it didn't leave a sticky, white residue that can be common with high factor sunscreens and is water resistant.



4 KATHERINE BACKWORTHY TRIED Organic SPF 25, £10, greenchoice.co.uk My son Dax inherited my sensitive skin and we were both able to use this sun cream without any reactions at all. It absorbs quickly and is quite thick so you can ensure even coverage.



5 VICTORIA SMITH TRIED Kids Sunblock, £10.99, aromatizalife.com The cream is thick but this helped to ensure that I got an even coverage and smell attractive, a floral herbal scent. Throughout the day, I was confident that my daughter was well protected.