



Natural oils are therapeutic in their pure biodynamic form and are even used medicinally in parts of Europe, such as France and Germany. But in many essential oils, they simply use aroma oils, which do not have the same therapeutic qualities. This is why it's well worth checking the ingredients in detail.

You can compare the creation of personal care products with great chefs, who have the mind-set of only using the freshest ingredients in the preparation of a healthy meal. With personal care products, you also need to do your research. If you choose your brand carefully, you won't need a chemistry PhD to work out which products are safe to use.

*John Hamilton is the founder of Essentially Yours, a UK-based research and development institute, with skincare brands Natural Elements and Therapeutics under its umbrella. Hamilton, who has a 15-year career in dermatology and the field of anti-ageing behind him, was an early proponent of natural skincare*