

ONDALIUM: SO NATURAL, THAT YOU COULD EVEN EAT IT

September 18, 2018

Known is the saying 'We are what we eat', but no less true is that we are also the beauty products that we use on our skin. Most of us take care of our diet and we look for high quality products that are natural and ecological, but do we do the same with the cosmetics that we apply on our skin?

In this article we help you interpret what kind of cosmetic you are using and if it is damaging your skin, your health or the environment. It is time to change!

Conventional or natural cosmetics

The ingredients used in cosmetics are mostly resulting from the chemistry and distillation of petroleum. It is what is known as conventional cosmetics. They contain homogenizers and humectants that do not let the skin breathe; synthetic perfumes, irritating chemical compounds with a hormonal effect, such as parabens, which are used as preservatives and which, although they go in very small amounts, act as endocrine disruptors.

Traditional cosmetics in Europe follow a regulation and toxic compounds are not allowed, but its use can affect our toxicity levels. Products that can pass into the bloodstream, especially nanoparticles, do so instantaneously, unless they are progressive release, and mineral oils are not absorbed, clog pores and do not let the skin breathe. Although the amount in the cosmetic is very small, they have a negative effect on our health, as with the daily use there is an accumulation

One of the consequences is that there are each day more people with allergy problems, although the current trend of cosmetics is to stop using chemicals as ingredients.

On the contrary, in natural cosmetics most of the raw materials are of natural origin and constitute the basis of bio cosmetics. In addition, the final product is not tested on animals and does not contain substances dangerous to health (transgenics, parabens, phenoxyethanol, nanoparticles, silicone, PEG, perfumes and synthetic dyes, etc.).

The ingredients come from renewable resources and are transformed through procedures that respect the environment. Its formulation is based on the choice of components that are less aggressive with the organism and the environment. These natural ingredients and obtained by clean and respectful technologies, so that they retain all their properties without being denatured, are more expensive than an artificial compound of synthesis.



Natural cosmetics has a large number of natural active ingredients in its formulation:

- **There is no filler component** to add or modify the texture, the smell, or the color. So, its effectiveness is much higher. Cares, protects and regenerates the skin effectively and safely.
- **It adapts better to the characteristics of the skin** by the greater affinity of its components with our epidermis, with fatty acids similar to those of our skin and that are also metabolized without problems.
- **It stimulates the innate ability of the skin to regenerate itself:** it is very suitable for sensitive skin or prone to develop allergic reactions due to sensitivity to some chemical compound.
- **It does not contain dyes or synthetic preservatives,** that is, manufactured in the laboratory mainly from petroleum products, as it does in conventional cosmetics.
- **It does not cause hormonal disorders or other health disorders:** therefore, in case of accidental ingestion, as sometimes occurs with lip products, it does not pose any risk of poisoning.
- **It is certified as ecological** and is subject to strict quality and safety controls, which can be seen on the seals of the certification bodies.

An important aspect: the label

International Nomenclature of Cosmetic Ingredients (INCI) is the name of the list of ingredients contained in a cosmetic. The name of the ingredients is in English for the substances of synthetic origin and in Latin for the natural ingredients. In it, the ingredient contained in the

highest proportion is indicated first, until it reaches the one with the lowest proportion.

By focusing on the ingredients that make up a cosmetic, we can have a clear idea of what we have acquired. Some of the components that we must avoid are silicones, emulsifiers derived from petroleum, 1,4-dioxane, benzophenone, ethanolamines, formaldehyde, phenoxyethanol, quaternary ammonium compounds, parabens ...

The terms ecological, organic and biological tend to be synonymous: organic cosmetics is used more in the United States and Australia, biological cosmetics in Europe and in Spain it is more common to speak of ecological cosmetics. There are some free app, like Clean beauty, that help to understand what ingredients our cosmetics carry, making a photograph of the label.

Meet our bio-cosmetic line

From Ondalium we bet that our consumers use only products that can be eaten, even when we talk about our range of biocosmetic products.



Probably nobody will do it, but if someone wanted to spread our antiaging cream (composed of oil extract concentrated dunaliella algae, Organic Concentrated Black Garlic Extract (EFCAN), shea butter, mint hydrolate and black cumin oil) or our serum Antiaging repair (concentrated oil extract of dunaliella and spirulina algae, EFCAN and jojoba, hazelnut, argan, macadamia and carrot oils) on a slice of bread for breakfast, could do so without problem.

Our line of natural biocosmetics has concentrated active principles, extracted from black garlic and microalgae. Learn about it:

1. Restores the balance of the skin naturally, without parabens, mineral oils, synthetic chemicals or artificial flavors.
2. Allow your skin to recover the best version of itself.
3. It is composed of products manufactured in Spain.
4. Its INCI listing is shown with total transparency.
5. It is respectful with the environment and cruelty free.
6. Its active principles are proven.
7. Natural Cosmetics Certified by the BioVidaSana, Vegan and Bio Inspecta standard.

In addition to the organic black garlic extract and microalgae, such as spirulina and dunaliella, it contains in its composition:

- **Hydrolates:** they are the remaining product that keep after obtaining the essential oil by distillation. It is a floral water with the same properties as the essential oil, but much less concentrated. We replace part of the water in the formulation with hydrolates, enriching the formula in cosmetic and sensory properties.
- **Botanical extracts:** they are concentrated preparations that are obtained from parts of a vegetable by the action of extractive solutions. We use liquid extracts in water and glycerin, never with propylene glycol or petroleum derivatives. We make sure that there will be no remains, however minimal, of pesticides and fertilizers.
- **Essential oils:** the aroma of our creams comes from ecological essential oils, and transmits an herbal odor, very different from the chemical fragrances to which we are so accustomed, and much more evocative and natural.
- **Vegetable oils:** we obtain them for the first cold pressure, without solvents, totally pure, virgin and most ecological. That's why they are so rich in antioxidants, vitamins, essential fatty acids ... They provide a much better skin emolliency and nutrition than any synthetic fat.
- **Vegetable butter:** Shea butter is moisturizing, nourishing, healing, noncomedogenic, and provides protection against ultraviolet radiation. We use it totally pure and ecological, so that it keeps all its properties intact.

Ondalium, so healthy, that you could even eat it!