



TRUE *beauty*

AUTUMN TREATS FOR A WARMER GLOW THROUGH COOLER DAYS

by Sharon McRae

This month, I'm excited to share a new haircare line that happens to be made locally, here in Baltimore. It's one of the cleanest lines I've ever used, and I'm so excited that the products perform beautifully, too! I've also had the pleasure of discovering a new vegan, non-toxic skincare and makeup line that has some amazingly high-quality products.

ORGANIC CHEMISTRY

Organic Chemistry is a line of organic haircare products that was developed in-house at Baltimore's Sprout Organic Salon by Founder and President Alan Kolb. Kolb became convinced that in order to achieve the level of quality and safety of products that he wished to use for his clients, he

would have to manufacture his own. He was keenly aware that conventional products contain ingredients that can be skin irritants, not to mention that many of them have also been implicated in increasing the risk of cancer. The ingredients in Organic Chemistry products are organic, ethically harvested, and manufactured in small batches in order to ensure quality and freshness. Each ingredient is included in the formulations for a specific purpose that enhances hair health.

My favorite products so far for my wavy/curly, henna-treated hair include the **Hydrating Shampoo and Conditioner** (<https://tinyurl.com/ycyjpw5l>).



Both products include botanicals and essential oils and have a very soothing, though not over-bearing, scent. The shampoo doesn't lather as much as conventional formulas, so if you're not used to this, it may take some adjustment. I have always found more-lathering formulas to strip my hair of moisture and leave it feeling dry and frizzy. Using these products, however, my hair feels clean, but not at all dry, and my color stays intact. For body and control, the **Curl Crème** is amazing (<https://tinyurl.com/ycz3x4kq>)! Crafted with organic lavender, rosemary, and other essential oils, argan oil, and panthenol, it helps to add definition and

hold to my curls. The amount recommended is based on hair texture, more for coarse hair and less for fine hair. I find that about a quarter-sized amount does the trick. What I like most about it is that I can also use the Curl Crème to refresh my curls mid-week, after spritzing a bit with water or the wonderful **Texture Spray** (<https://tinyurl.com/y7srod5b>). And surprisingly, I don't feel like the products are building up in my hair, as they seem to have the perfect composition to provide just what my hair needs. My teen daughter is trying the Gentle Shampoo and Conditioner soon, and I know she'll fall in love with them, too!



The demand for quality, cruelty-free beauty products like Organic Chemistry and Hush + Dotti has skyrocketed in the last few years.



HUSH + DOTTI

Autumn is a fun time to try out some new makeup, and I was thrilled to discover the non-toxic, ethically sourced and vegan skincare and makeup line **Hush + Dotti**. The brainchild of husband and wife team Stef Serafin (a former fashion executive and restaurateur), now CEO, and Dina Altieri, longtime makeup artist, Hush + Dotti is named for Dina's Mom, Dotti, and the nickname she gave Dina's husband, Hush. All products are organic, cruelty-free, and also free of parabens, phthalates, and gluten. The first ingredient listed in every product is "Love," representing the personal attention to

formulating, packaging, and shipping by loving hands with the utmost attention and care. My favorite products so far from the line include the amazing, smear-proof, onion tears-proof **Gel Eyeliner** (<https://tinyurl.com/yc9w352k>). This defines the eyes like magic and stays in place until you take it off, and I put it through the onion test, the blubbery tears test, and

even the humid summer day test. My favorite way to remove it is with a little coconut oil (which I would never ingest but love as a skincare product!). I can't recommend this gem highly enough if you're like me and tend to tear up a lot! I also really love the **Lip + Cheek Tint** for a fresh pop of color. It's easily blendable and the color is super natural, adding a beautiful glow to the skin as well. I apply the shade 'Rockin' Angel Pink' over bronzer, just on the apples of my cheeks (my skin tone is light to medium), and it makes me look instantly more awake! Lastly, the **Dream Drops** really are dreamy (<https://tinyurl.com/y9ytthyt>)! I use them after cleansing, and they smell heavenly and feel great when massaged into the skin. It's like having a mini-facial! I use about six drops in my palms, rubbing them together slightly, then patting over my face, and finally, massaging into my skin for a beautiful next-morning glow. I'm looking forward to trying some other products from this fabulous line soon!



ABOUT THE AUTHOR

Sharon McRae is a wife and mother of three teens, as well as a certified health coach and PCRM Food for Life instructor residing in Columbia, MD. She has been adopting and applying principles of health and nutrition in her own life for more than three decades. She became a health coach to fulfill her passion of helping others take control of their health by making better lifestyle choices and adapting a whole food, plant-based vegan diet.