

MODERN COSMETICS BOOK REVIEW

Vegan Beauty Review

As an avid DIYer and huge proponent of clean beauty, I was thrilled to get my paws on what I'm calling the bible of natural cosmetic ingredients – **Modern Cosmetics: Ingredients of Natural Origin**. It's an incredibly thorough textbook written by 11 scientists, professionally active in the fields of cosmetology and pharmacognosy and it's comprised of 482 pages, 26 chapters, and more than 500 ingredients! The information is delivered in a clear, easy-to-digest way, that appeals to a broad audience, from cosmetic formulators, researchers, industry professionals to students and DIY aficionados like yours truly.



Whether you're creating your own beauty products at home or simply interested in learning about key ingredients in store-bought cosmetics, this book breaks everything down simply and elegantly. Each ingredient is categorized, described with composition, characteristics, and uses, accompanied with interesting facts, tips, and beautiful colored photos. I dunno about you, but pics in books are essential for keeping me engaged. The editors did a wonderful job putting this whole thing together. It's a handsome book and I love that it's supporting and promoting natural, ethical and cosmetically active cosmetics.

In this age where there's a rise of conscious consumers yet greenwashing is prevalent with little to no regulation for brand marketing, it's essential to become familiar with the ingredients in products that we use on a day-to-day basis. Our skin absorbs up to 60% of everything we put on it, so it's important to know exactly what we are putting on it and into our bodies. **I can't recommend this book enough.** And as a side note, it's a fun interesting read. There are a lot of food stuffs in here, too – nuts, berries, veggies, butters, oils, spices, grains, seeds... if you're into nutrition and food facts as well, you'll learn a ton (and probably get inspired to whip up a hearty salad, haha). In general, this book is a great reminder that there's so much nourishing goodness in nature and there's a ton we can do with it.

[original review]

