

Your Skin Needs to Eat Healthy Too!

Over the past few years, NewLife™ has been looking at creating various skin and body products to complement our range of nutritional supplements and health food. We started doing this because not only do we care about what goes on the inside but also on the outside. We have also noticed that there is a need for natural skin care products that are different from the normal store-bought items. What's the difference? Many of the items that you would regularly find in stores, even though they may be labelled "natural", often contain ingredients that are common irritants to the body.

From what we know when it comes to dealing with chronic illnesses and degenerative health conditions from a nutritional and naturopathic standpoint, long-term irritants even at low levels can contribute towards chronic inflammation in the body, which is the root cause of many health problems including premature ageing, metabolic syndrome, autoimmune diseases and even cancer.

What we have set out to do is to identify the ingredients that we DO NOT want in our products, while selecting alternative ingredients that not only serve the intended purpose but also support the health of the skin and the body.

This article will give you some insight into both types of ingredients and some of our favourite products!

您的皮肤也需要吃得健康!

在过去几年里，新生命一直在创造各种安全的皮肤和个人护理产品，以便与我们的营养补充剂和健康食品系列形成良好的互补。我们开始这样做，是因为我们不仅关心吃进身体的东西，也关心涂在身上的东西。我们也注意到消费者对天然护肤品的需求，它们不同于普通商店购买的产品。许多一般在商店里找到的商品，尽管它们可能被贴上“天然”的标签，但实际上都含有常见的皮肤刺激物。

从营养和自然疗法的角度来看，即使是低水平的长期刺激也会导致体内的慢性炎症。这是许多健康问题的根本原因，包括过早老化、代谢综合征、自身免疫疾病甚至癌症。

我们做的是，首先找出哪些成分是我们不想要的，同时选择可以达到预期目的并支持皮肤和身体健康的安全替代材料。

这篇文章将让您深入了解这两类成分，并与您分享一些我们最喜欢的产品。





Common Ingredients Found in Skin & Body Products That We Should Avoid

We believe that taking care of our skin is very important, therefore we should be selective of what kind of ingredients the products we use contain, as many of these products will be used everyday or even more than once daily. Over time, any harmful ingredients can have a compounding effect as we do absorb small amounts through our skin.

Here is a list of ingredients that we should avoid when selecting our skin and body products:

Parabens: Parabens are commonly used as preservatives in skincare products. They have been linked to breast cancer and hormone disruption.

Artificial Fragrances: Fragrances are often added to skincare products to make them smell appealing. However, they can contain hundreds of chemicals that are harmful to your health. They can cause skin irritation, allergic reactions, and can even disrupt your endocrine system.

Sodium Lauryl Sulfate (SLS): SLS is a foaming agent commonly used in skincare and personal care products. It can cause skin irritation and dryness. It can also be contaminated with a carcinogenic substance called 1,4-dioxane.

Phthalates: Phthalates are chemicals used to soften and increase the flexibility of plastics. They are also used in skincare products as a fragrance carrier. They can cause birth defects, hormone disruption, and have been linked to reproductive problems.

Formaldehyde: Formaldehyde is a preservative used in skincare products to prevent bacterial growth. It is a known carcinogen and can cause skin irritation and allergic reactions.

Triclosan: Triclosan is an antimicrobial agent used in skincare products. It has been linked to hormone disruption and the development of antibiotic-resistant bacteria.

Silicones: Silicones are synthetic compounds that are often used in skincare products to create a smooth, silky texture. However, they can cause clogged pores and breakouts, as they form a film over the skin that can trap dirt and bacteria. Additionally, some silicones are not biodegradable and can harm the environment.

身体护理产品中有哪些常见成分是我们应该避免的？

护肤是非常重要的，所以我们在选择产品的时候要非常小心产品的成分。这是因为我们每天都会使用这些产品，甚至一天不止用一次。由于我们的皮肤会吸收成分，尽管只是非常微小的程度，任何有害成分随着时间的推移都会产生复合效应，影响我们的健康。

以下是我们在选择身体护理产品时应该避免的成分：

对羟基苯甲酸酯：对羟基苯甲酸酯是护肤品中常用的防腐剂。它们与乳腺癌和激素紊乱有关。

人工香精：护肤产品中经常添加香精，这是为了让它们更有吸引力。然而，它们可能含有数百种有害健康的化学物质，会引起皮肤刺激、过敏反应，甚至会破坏内分泌系统。

十二烷基硫酸钠(SLS)：SLS是皮肤护理和个人护理产品中常用的发泡剂。它会引起皮肤刺激和干燥。它还可能被一种叫做1,4-二恶烷的致癌物质污染。

邻苯二甲酸盐：邻苯二甲酸盐是一种用来软化和增加塑料弹性的化学物质。它们也被用作护肤品的香味载体。它们会导致出生缺陷、激素紊乱、生殖问题。

甲醛：甲醛是一种护肤产品中使用的防腐剂，以防止细菌生长。它是一种已知的致癌物，会引起皮肤刺激和过敏反应。

三氯生：三氯生是一种护肤产品中使用的抗菌剂。它与激素紊乱和产生耐抗生素细菌有关。

硅酮：硅酮是一种人工合成的化合物，常用于护肤品中，以让产品达到丝滑的质感。然而，它们会导致毛孔堵塞和长痘，因为它们会在皮肤上形成一层膜，锁住污垢和细菌。此外，一些硅酮是不可生物降解的，会对环境造成危害。

Introducing NewLife™'s Skin & Body Care Range:

Containing none of the ingredients listed above, NewLife™'s skin and body care range aims to help meet your daily needs using only ingredients that help to enhance your health and well-being.

NEWLIFE™ CASTILE LIQUID CLEANSER

Originating from a region in Spain named Castile, Castile soap is an olive oil-based soap that is known for being hypoallergenic and a miracle product for cleaning and beauty. It contains no animal or synthetic ingredients, using only vegetable oils and natural ingredients while rinsing away and cleaning better than most traditional soaps and body washes!

Compared to normal Castile soaps that use only olive oil as the base ingredient, NewLife™ has combined organic extra virgin coconut oil and organic castor oil along with olive oil to create a unique blend that offers even more healing and restorative power for your body and skin!

NewLife™ Organic Care Castile Liquid Cleanser offers creamy lather, gentle and effective cleansing without drying out your skin. We use pure essential oils that don't just smell lovely but also contain antioxidants, antibacterial and antimicrobial properties to help protect your skin. This luxurious formula leaves your skin feeling fresh, soft, smooth, moisturised and delicately scented. It is not only an ideal cleanser for the body but for the face as well!

Ingredients

Organic Extra Virgin Coconut Oil removes dirt and impurities from the body and provides hydration to a maximum extent. It prevents dryness and keeps your skin moisturised and supple.

Organic Castor Oil is a natural humectant that draws moisture from the air keeping the skin hydrated while retaining moisture by preventing water loss through the outer layer of the skin. It protects the skin, promotes an even skin tone and does not clog pores.

Olive Oil is rich in antioxidants that promote healthier skin by reversing oxidation and repelling damage-causing free radicals. It helps to soften the skin while cleansing gently.

Bergamot Essential Oil is a natural cleanser. It is particularly good for oily skin, helping to unclog pores and balance sebum levels to give skin a natural glow. Its scent is light, crisp and refreshing.

Sweet Orange Essential Oil helps scavenge free radicals that could harm healthy cells. It can also inhibit the growth of several bacteria and fungi. When used on the skin, orange oil helps promote clarity, fights inflammation and acne, and keeps the skin fresh. Sweet orange oil is known to provide a refreshing and uplifting boost, helps relax and calms those who are feeling stressed or tired.

Lavender Essential Oil has anti-inflammatory, antifungal, antimicrobial and detoxifying benefits, it can help reduce redness, soothe and calm the skin as well as rapidly heal minor cuts, scrapes and any rashes. Restful, serene and floral, lavender is one of the most loved scents today.

Ginger Essential Oil has antioxidant, anti-inflammatory and antiseptic properties which can help protect the skin against free radicals and repair the appearance of the skin. It also helps even skin tone, improve elasticity and fade scars.

介绍新生命皮肤和个人护理系列:

新生命皮肤和个人护理系列不含任何上述有害成分。我们的目标是只使用确保安全健康的成分，满足您的日常需求。

新生命卡士迪清洁液

卡士迪肥皂起源于西班牙一个叫卡士迪的地区，是一种以橄榄油为基础的肥皂，以低过敏和有效清洁美容而闻名。它不含动物或合成成分，只使用植物油和天然成分，比大多数传统的肥皂和沐浴露更好地冲洗和清洁！

与一般只使用橄榄油作为基本成分的卡士迪香皂相比，新生命将有机特级初榨椰子油和有机蓖麻油与橄榄油结合，形成独特的混合配方，为您的肌肤提供更多的滋养呵护和修复力量！

新生命有机护理卡士迪清洁液的泡沫细致，有效温和洁净，洗后不使肌肤干燥。我们使用纯精油，不仅清香迷人，而且天然含有抗氧化剂，抗菌和抗菌特性，帮助保护肌肤。这奢华的配方洗的洁净又舒服，让肌肤恢复光滑、细嫩，还散发出淡淡香气。它是身体和面部的理想清洁产品！

成分

有机特级初榨椰子油可以清除身体的油脂和污垢，并最大程度地提供水分。它可以防止干燥，保持皮肤的滋润和柔滑。

有机蓖麻油是一种天然保湿剂，它可以从空气中吸收水分，提供补水，同时通过防止皮肤外层水分流失来达到深层保湿。它保护皮肤，促进均匀的肤色，不堵塞毛孔。

橄榄油富含抗氧化剂，通过逆转氧化和抵抗自由基，促进皮肤健康。它有助于软化皮肤，同时温和地清洁。

佛手柑精油是一种天然的清洁剂。特别适合油性皮肤，帮助疏通毛孔，平衡油脂，让肌肤自然焕发光彩。它的香味清淡、清脆、清爽。

甜橙精油有助于清除伤害健康细胞的自由基。它还可以抑制几种细菌和真菌的生长。用在皮肤上，橘子油有助于促进清洁，对抗炎症和粉刺，保持皮肤清爽。甜橙油可以提神醒脑，帮助放松和镇定那些感到压力或疲劳的人。

薰衣草精油具有抗炎、抗真菌、抗菌和排毒的功效，可以帮助减少红肿，舒缓和镇定皮肤，还可以迅速治愈轻微的割伤、擦伤和任何皮疹。薰衣草具有镇静、舒缓的花香，是当今最受欢迎的香味之一。

姜精油的抗氧化，抗炎和防腐特性可以帮助保护皮肤免受自由基和修复皮肤外观。它还有助于改善肤色，提高弹性，淡化疤痕。



NEWLIFE™ FACE & BODY SCRUB

NewLife™ Organic Care Face & Body Scrub promotes the natural skin resurfacing process by removing dead skin cell layers and creating a healthy environment for your skin to rejuvenate. Why is this important? As the body goes through its stages of releasing toxins, some are released through the pores of our skin, which is a vital detoxification organ. It is crucial to get these impurities off our body so that they can be washed away. This allows for a cleaner base in which skin cell regeneration can happen.

Regularly removing unwanted layers of dead skin cells helps even more if you have a regular skincare routine because those layers are preventing full absorption of your skincare products. If you want to get the full benefits of what you are using, you need to exfoliate regularly.

Ingredients

Organic Extra Virgin Coconut Oil promotes healing and reduces inflammation with powerful anti-aging properties while moisturizing the skin.

Hyaluronic Acid helps to increase skin moisture retention and reduce the appearance of fine lines and wrinkles.

Organic Castor Oil improves overall moisture retention and stimulates collagen production in the skin.

Lavender Essential Oil lightens the skin by reducing inflammation and is a skin-soothing agent.

Olive Seed Beads—100% natural exfoliating particles that act as a gentle exfoliant to remove dead skin cells and facilitate the natural skin renewal process.

新生命面部及身体磨砂膏

新生命有机护理面部及身体磨砂膏通过去除死皮细胞层，促进自然的皮肤表面修复过程，为您的皮肤创造一个健康的环境，恢复皮肤活力。为什么这个很重要？因为我们的皮肤是重要的排毒器官，当身体释放毒素时，有些毒素会通过皮肤的毛孔释放出来。将这些杂质从我们体内清除是非常重要的，这可以为皮肤细胞再生提供一个更清洁的基础。

如果您有定期的护肤习惯，去死皮会更有帮助，因为这些死皮层会阻止护肤品的充分吸收。如果想吸收您使用的产品的全部好处和功效，您需要定期去角质。

成分

有机特级初榨椰子油促进愈合和减少炎症，具有强大的抗衰老特性，同时滋润皮肤。

透明质酸有助增加皮肤保湿，减少细纹和皱纹的出现。

有机蓖麻油可以改善皮肤的整体保湿效果，刺激皮肤产生胶原蛋白。

薰衣草精油通过减少炎症来淡化皮肤，是一种皮肤舒缓剂。

橄榄籽珠是100%天然去角质颗粒，温和去除死皮细胞，促进皮肤自然更新过程。

ORGANIC CARE FACE & BODY Scrub

新生命面部及身体磨砂膏

**BUY 2ND
第二瓶 50% OFF
折扣**

GREAT FOR THE ENVIRONMENT

- No plastic microbeads
- 100% biodegradable
- Vegan
- No testing on animals

对环境有利

- 不含塑料微珠
- 100%可生物降解
- 纯素
- 没有在动物身上测试过

Terms & Conditions:

1. Promotion period: 1st May to 30th June 2023, or while stocks last.
2. Regular price item carries full BV/PV. 50% discounted item carries 50% BV/PV.
3. Not valid with any other concurrent promotions, Quantity Discount or APP.
4. No goods return or exchange allowed.
5. Other terms & conditions apply.
6. NewLife™ reserves the right to change or amend the terms & conditions of the promotions without prior notice.

条规与细则:

1. 促销活动期: 2023年5月1日至6月30日, 或存货售完为止。
2. 原价出售的产品带有完整的单位花红和单位分数。50%折扣的产品带有50%单位花红和单位分数。
3. 不可配合其他同期间的促销活动、数量折扣、或自动订货计划。
4. 不允许退货或交换。
5. 附有其他条规与细则。
6. 新生命有权随时更改或修订促销活动的条规与细则, 恕不另行通知。

