



Natural
cosmetics:
Get ready for
Summer with
NATRUE!

NATRUE SUMMER GUIDE



We are all looking forward to a great summer, and want to take care of ourselves even when the sky is gray. The demands on our skin during for the hotter months are high; so we need to protect it, kept it in good condition, and clean it. More of us are looking for natural cosmetics too and as much as we want to protect our skin, we want the same care for our planet.

A reliable label for this? NATRUE.

From sunscreen and after-sun to beauty products such as light make-up, facial care, deodorant or hair removal, **thousands of NATRUE-certified products** are available to meet your expectations!





Skin Care

The long-awaited warmth and sun rays can be very stressful for the skin. Providing it with **sufficient moisture and protection from UV is crucial** for a protected and healthy summer skin!

Very good natural cosmetic skin care products that already provide enough moisture in the morning are, for example, cooling serums, creams and gels with aloe vera.

These are ideally suited for skin that is dry or dried due to exposure to and stress from, for example, frequent showers, sun or sea water and help it to protect. The perfect freshness kick in the morning!



Cleansing routine

Whether as a freshness boost in the morning or after a long hot day, the skin wants to breathe a sigh of relief and needs a gentle but effective cleansing routine to do so.

In summer, natural cleansing foams or gels that don't leave a film are ideal for ridding the skin of dirt and makeup without drying it out. Especially if we use sunscreen during the day, **double cleansing with the help of micellar water is useful**. Ingredients such as aloe vera, certain algae extracts, or nourishing superfood extracts like cranberry are a boon for summer skin in the cleansing routine.

NATRUE-certified cleansing products thus not only meet the strictest natural cosmetics standard but also provide our summer skin with a noticeably restful feeling of freshness around the clock.





When highly activity and high temperatures, you might want to use deodorant. Deodorant creams or roll-ons from NATRUE-certified natural cosmetics brands are available. If you love invigorating body sprays to give your whole body a refreshing feeling, you'll find NATRUE-certified brands [here](#), too.

**** Tip: opt to pre-chill your body sprays in the refrigerator for that extra freshness booster!**

Deodorants





Hair

For the Beach Waves rely on the full plant power of natural active ingredients and do without synthetics? Yes, please! Buying a **NATRUE-certified product** means that the cosmetic you have in your hands **does not contain silicones, parabens, mineral oils, synthetic fragrances and no ingredients made from or by GMOs.**

The use of microplastics, which come predominantly from fossil fuel origin, is also inconsistent with the NATRUE Standard and with the formulation of authentic natural and organic cosmetics. Only natural, nature-identical or derived natural substances may be used in certified finished products carrying the NATRUE seal.





*That said, we highly recommend you
to **use natural and organic hair
products**, since you're not only
using a product that really works,
but you're helping the planet too!*





Sun rays and cosmetics sunscreen

Sun protection and avoiding sunburn should be a must.

NATRUE criteria sets strict requirements for sun sprays and sun creams that includes high protection against dangerous UVA and UVB radiations using only mineral UV-filters like zinc oxide and titanium dioxide.





I've got sunburn. What can I do?

It is essential to act correctly in the event of a sunburn!

There are **natural after-sun care products** that are NATRUE certified and provide the ideal remedy to relieve redness and pain from sunburn.



Contact Us

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