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## Natural Halloween Makeup Solutions

*Scary, healthy and itch-free Halloween makeup ideas*

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Halloween dress-up is looked forward-to all year - but not the itchy skin that goes along with it! Most makeup and face paints available have additives and chemicals that irritate skin, and easily ruin a night of Halloween fun. Be aware of the chemicals inside your makeup, and the natural alternatives available that will keep your child's skin soft, smooth and itch-free this Halloween.

## Avoid Skin Irritants, Additives and Chemicals

On Halloween, the aim is to look scary with makeup - not with irritated skin! Many products on the market, even kid-friendly makeup brands, **include harmful chemicals such as cadmium, mercury, lead and arsenic**. These chemicals are found in most mainstream and popular paints, and should definitely be avoided - read your labels!

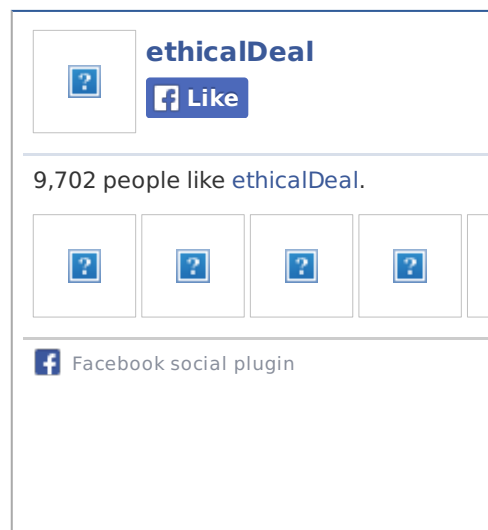

## Healthy Halloween Face Paint Alternatives







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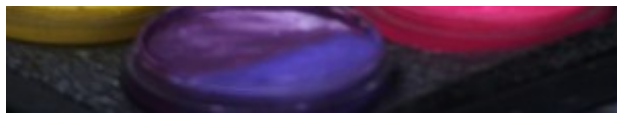
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In addition to checking face paint and makeup ingredients to avoid harmful chemicals, use these guidelines to help make Halloween makeup creations safe for your kids:

### Edible alternatives

You probably won't actually eat it, but there are [edible face paints](#) available that are made entirely of natural ingredients. Most kits include four colors made from fruits and vegetables, including spinach, pumpkin, beets and blueberries. Edible paints are designed for children, but are just as effective for adults with sensitive skin.

### Vegan, natural alternatives

Recent innovations in vegan makeup have resulted in pigments made entirely without animal byproducts or animal testing. Vegan makeup is free from chemicals and easy to use!

### Organic alternatives

Seek out natural face paints made with certified organic ingredients. This will help you avoid irritating agriculture chemicals too!

Make the switch to natural makeup this year, and guarantee your Halloween will go off without a hitch (or the itch)!



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Photocredit: Flickr / [vancouverfilmschool](#)

## About the Author:

**Maryruth** has been seeking the keys to environmental justice – both at home and at work – for over a decade. With interests that range from green living to green business, sustainable building designs to organic gardening practices, ecosystem restoration to environmental health, Maryruth has been exploring and writing about earth-matters for most of her life. Of special interest is the subject of ecopsychology and the role the natural world plays in the long-term health and well-being of humanity. You can learn more about Maryruth's work by [visiting her site](#).

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*Stephan*

January 30, 2014 at 2:28 pm

Great article. I'm experiencing a few of these issues as well..

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