

GOOD EARTH



Ere Perez of Ere Perez Cosmetics believes in natural remedies — her grandfather is a traditional medicine man back in Mexico — with her products derived from natural plant extracts. For example, the Ere Perez lipsticks are vegan. We ask her about getting ready for the springtime.

How does one completely throw off the winter glums for the new season ahead? Winter always leaves us with very dry, dull skin, so I recommend treating your face with a beautiful moisturising/uplifting mask. A recipe I love is to mix one spoon each of oats, honey and plain yoghurt, apply to a cleansed face and leave it on for 30 minutes — twice a week is best. It's great for nourishing the skin and moisturising the dry patches. For lips, rosehip oil is great or use my Natural Rosehip Oil Lipbar!

You're a great advocate of natural remedies. What really works?

Rub olive oil into your hair but not in the scalp. Leave it for 30 minutes and then wash it. Using honey as a natural facemask is brilliant for general conditioning, but particularly for scarring and to prevent wrinkles. Peanut oil after a shower is a great moisturiser for your legs, and can help circulation. Strawberries are great on your teeth to help them whiten naturally, but you must remember to wash them off afterwards!

What new products are you launching for spring?

We've got some gorgeous things: our first natural cream foundation, Ere Perez Natural Calendula Face Dust and Ere Perez Natural Arnica Concealer. We're also launching a beautiful Natural Carrot Cream Tint (a moisturising highlighter for the cheeks, eyelids and lips) and a Natural Beetroot Tint for lips and cheeks.

