

PEOPLE

# POP-UP STAR

An eco-entrepreneur gives lessons in natural glam.

Amy Galper wants you to rethink your beauty routine. The founder of the body care company Buddha Nose is on a mission to teach the yoga community about more eco-friendly beauty products. Last spring, she gathered a collective of organic, artisanal beauty companies and created **Yoga Beauty Bar**, a pop-up shop and beauty event that's been staged at yoga studios and retail spaces in New York City (and has appeared at *Yoga Journal* conferences).

The events highlight a selection of lotions, creams, and cosmetics free of potentially harmful chemicals and made by companies committed to sustainability. They include talks from organic beauty experts, minifacials, organic tea, and treats. The goal, says Galper, is to show women that "what you put on your body has an effect on your health and the environment."

"Yogis are so conscious about what they eat and what they wear, but what they put on their bodies is almost an afterthought," she says. "We think they can be foot soldiers who advocate for more conscious beauty." ELLA LAWRENCE



GLOW

pretty is as pretty does So go nontoxic!



**Buddha Nose**  
Heart Spray with rose and citrus is a body mist or a toner. (\$30; [buddhanose.com](http://buddhanose.com))



**Dr. Alkaitis**  
Organic Soothing Gel with aloe and seaweed can be an aftershave or serum. (\$60; [alkaitis.com](http://alkaitis.com))



**Priti NYC**  
nail polish is free of the three most toxic ingredients found in polish. (\$12.50; [pritinyc.com](http://pritinyc.com))



**Revolution Organics**  
colors your lips, cheeks, and eyes. (\$34; [revolutionorganics.com](http://revolutionorganics.com))

LOOKING GOOD

**organic & artisanal** Amy Galper's tips for choosing clean, green, ethical products.

**Keep it simple** Avoid products with unpronounceable ingredient names. In particular, avoid parabens (hormone disrupters); sodium laureth sulfate (an irritant); triclosan (irritant and hormone disrupter); phthalates (hormone disrupters); and diazolidinyl urea (releases formaldehyde, a known carcinogen).

**Smell clean** Choose products scented only with essential oils; the ingredients in "fragrance" often contain synthetics and potentially harmful chemicals.

**Skip the water** If the first few ingredients on a label are water and denatured alcohol, beware. Water invites mold and bacteria and calls for extra preserva-

tives. Alcohol, which is there to prevent mold growth, dries out the skin.

**Preserve naturally** Look for products with natural preservatives such as vegetable-derived vitamins E and C or rosemary extract. Also, oils such as jojoba, coconut, and shea help extend shelf life without preservatives.