



# Best of Irish beauty



RUTH GRIFFIN

Homegrown products worth keeping on your radar

Natural skincare guru Shiva Rose believes that “beauty and self-care nourish us, so that we can continue to give to others”. Isn’t that just lovely? Self-care, wellness,

skincare rituals and being playful with makeup may seem superficial to some, but my view on all of the above is more akin to Rose’s. I think when we mind ourselves and take a well-earned breather from ordinary reality by enjoying our beauty rituals, we are actually nurturing ourselves and filling up our own tank, so that we can offer the best of ourselves to our loved ones.

This has been my heartfelt intention as *Weekend* beauty writer for the last few years — to offer honest, practical and workable products to you the reader. It’s been a challenging year for us all. It made lots of us review our lives — myself included. Today is my last column for *Weekend* — the Covid crisis has fast-tracked personal plans of mine to become more involved in holistic health, natural skincare, sustainability and permaculture.

For my final column, I wanted to showcase some of my favourite Irish skincare lines. I decided to focus on those brands I will continue to invest in and think you should all keep on your beauty radar. Thanks so much to all the *Weekend* readers and I wish you every health and happiness for the future.

Another divine quote from Shiva Rose that sums up my philosophy towards beauty: “Minding ourselves holistically is an integral art of our health and healing. When we treat our body — our vessel — with intention, we are honouring not just ourselves but the essence of femininity that has coursed through us since the beginning of time”

## *Nunaia*

Nicola Connolly is the Dubliner behind this organic skincare brand. With a near impossible to reach level of 99.5pc COSMOS certified organic ingredients, this Irish skincare line has one of the highest organic certified products in Europe and has won major awards internationally both for its eco credentials (it plants five trees for every one used in packaging) and also its skincare efficacy. Her cleansing balm and hand sanitiser are favourites and will continue to be part of my beauty buys for years to come. Available from Arnotts, Brown Thomas, Seagreen, Cloud10Beauty, Kilkenny, One Dame Lane and [nunaia.com](http://nunaia.com)



## *Sculpted by Aimee makeup*

I've road-tested thousands of beauty products over the years, and it's an Irish cosmetics line that is one of all-time favourites. Aimee Connolly (@sculptedbyaimee) is the twenty-something entrepreneur behind it. Her makeup line is extensive without being ridiculously over-filled, and she caters to Irish skin tones. I use her highlighter, bronzer and concealers daily. Available from pharmacies nationwide, [sculptedbyaimee.com](http://sculptedbyaimee.com) and her flagship store in Dundrum.



## Green Angel skin and haircare

This botanical skin and haircare line is made from only four natural ingredients — botanical oils, seaweeds, essential oils and botanical extracts — with zero chemical nasties. Shower and body products from this line are just gorgeous, especially the Sunrise Magic Body Smoother with lemon and grapefruit oils. Available from Kilkenny Shop, Avoca, Shaw's, Meadows & Byrne, pharmacies and lifestyle shops nationwide and [greenangel.com](http://greenangel.com)

## Skingredients

This Irish brand, created by skincare guru Jennifer Rock (aka The Skin Nerd (@theskinnerd)), is a staple in my bathroom cabinet. Why? Jennifer has been in the beauty industry for years, and is a well-known face on our TV and social media screens, with her own skincare shows and beauty books. Jennifer is one of the most authentic and passionate skin health advocates I've met as a beauty writer. She is so authentic in her desire to bring healthy skin to everyone. She launched her Skingredients line a couple of years ago and it's become a smash hit. The range took years to formulate and combines amazing ingredients in technically effective combinations — at an affordable price. A brilliant line to keep on your radar. Available from Brown Thomas, Arnotts, Dunnes, pharmacies and [skingredients.com](http://skingredients.com)



## The Handmade Soap Company

This Irish company was founded by Donagh Quigley at his kitchen table in Co Meath back in 2008. This line creates natural body washes, soaps, lotions and candles — all packaged in either 100pc recycled plastic material or glass. It even powers its factory with hydro turbine energy from the Boyne river beside the plant in Slane! Genius. From Avoca, Kilkenny Stores, Meadows & Byrne and pharmacies and health stores.



## Jo Browne solid perfumes and oils

I adore this natural Irish skincare line — especially their oils, cleansing balms and solid perfumes. Traditional perfume began to give me headaches a few years ago, so I've been on the hunt for an alternative and Jo's solid perfumes did the trick! Interestingly, Jo (who is a qualified holistic therapist and reflexologist) uses bamboo for all her packaging. Bamboo grows like a weed naturally and requires no pesticides to keep it healthy. It's anti-microbial, anti-fungal, and when harvested for use, the roots remain so the plant regenerates quickly. When we're finished with it, we just chuck it into the compost bin. Brilliant! A gorgeous line. Available from Meadows & Byrne, Kilkenny Shop, Blarney Woolen Mills, gift shops nationwide and [jobrowne.com](http://jobrowne.com)