

*ingredient.*

**WHAT IT IS**

Vegan beauty products follow the same rule of thumb as a vegan diet: no animal by-products whatsoever. That means no beeswax, carmine, lanolin, honey or the like. Ana Congdon, founder of LeVert Beauty, says, "We see so much confusion surrounding beeswax. It is considered an animal by-product, and to be truly vegan, the standards comprise the exclusion of all insects and by-products of any living species outside of plants." Another no-no: animal testing. While most organic and natural products are cruelty-free, vegan doesn't mean natural and vice versa.

Eating vegan provides the body with an abundance of living vegetables.

**01**

Chock-full of vitamins and antioxidants, this hydrating oil is the one to reach for when alleviating the symptoms of dry skin is a must. **\$32, tuelskincare.com**



Tackle everything from a lack of shine to scalp problems with this does-it-all hair oil, which features 14 different botanical extracts. **\$40, fmillerskincare.com**



**03**

**SHOULD YOU GO VEGAN?** FOLLOWING A VEGAN DIET WAS ONCE A DIFFICULT FEAT. BUT WITH SO MANY VEGAN-BASED OPTIONS NOW, IT'S NEVER BEEN EASIER TO BE A VEGAN.

From celebrities to nutritionists, the vegan trend has become more of a lifestyle, and for good reason. Some say eating a plant-based diet is the ultimate way to lose weight and keep it off. But how do you ditch meat, dairy and other animal-sourced food once and for all without falling back into old habits? Nutritionist Mia Russo Stern says to start with Meatless Mondays. "Enjoy a quinoa porridge or green smoothie for breakfast, a salad with lots of berries and healthy fats for lunch, and a nice bowl of lentil soup and a sweet potato for dinner. You'll be impressed with how you feel the next day." From there, take it one day at a time and slowly substitute meat and dairy for vegan options. "If you can get through one day without meat, you're on your way to stabilizing a vegan diet."

**04**

Use this highlighter anywhere on your face or body where you want a healthy glow. **\$13, ulta.com**



**01 ALL VEGAN**

**THE VEGAN MOVEMENT** STARTED IN THE NUTRITION SPACE AND HAS SINCE BRANCHED OUT TO BEAUTY, WHICH WAS A NATURAL MOVE. WHETHER YOU EAT A VEGAN DIET OR NOT, IF YOU'RE CONCERNED ABOUT ANIMAL TESTING AND CRUELTY, OR YOU WANT TO USE PRODUCTS THAT DON'T MAKE USE OF ANIMAL BY-PRODUCTS, THEN THESE ARE FOR YOU.

**SKIN CARE**

Vegan beauty products can do wonders for the skin because they don't contain some of the ingredients that can cause skin irritations. However, vegan products don't need to be natural or organic, although many are.

**TU'EL**  
Moisture Plus Essential Oil

**ALIGHTEN NATURAL SKIN CARE**  
Gentle Renewing Facial Cleanser

**HAIR CARE**

Less toxic than other types of hair products out there, vegan-based hair products tend to be loaded with herbs, plants, fruits and botanicals, which help improve the health of your hair without compromising its integrity.

**F. MILLER**  
Hair Oil

**MAKEUP**

Because vegan-branded makeup is void of many of the ingredients that can disrupt skin, it seems to be a somewhat-better option for those who want to use products that contain natural skin conditioners and oils.

**PACIFICA**  
Rainbow Crystals Liquid Mineral Strobe Multi-Use Highlighter

**AXIOLOGY**  
Natural Lipstick

**URBAN DECAY**  
B6 Vitamin-Infused Complexion Prep Priming Spray

**NUTRACEUTICALS**

To make the most of your nutraceuticals and supplements, look for those that are heavily based in plant, herb and vegetable extracts for an added dose of nutrients.

**HUM NUTRITION**  
Wing Man Dark Circle Remedy Supplement

**THE PROS**

They're a good fit for sensitive skin. Vegan products purposely lack ingredients like lanolin so there's a reduced risk of irritation.

**Zero risk for animal-borne infections.** According to Mt. Pleasant, SC, dermatologist Marguerite Germain, MD, vegan products are made from nonanimal ingredients, so there is no risk for contamination. "The prevalence of infection and contamination in beauty products overall is very low."

They're good for the environment. Another plus to vegan products is that they may be more eco-friendly. "Vegan, plant-based ingredients have an environmentally friendly footprint," says Boldijarre Koronczay, president of Éminence Organic Skin Care.



**VEGAN BEAUTY 101**

May Lindstrom, founder of May Lindstrom Skin, says the best way to find a vegan product that works for you is to dive deep into its ingredient label. "Personally, I like it when my skin-care products read like a recipe that I might find tucked away in a cookbook. I also want to see a commitment to sustainable practices, too."



**02**

Supercalming to the skin (especially sensitive complexions), this vegan cleanser rinses away the day without stripping much-needed moisture or natural oils. **\$52, alightenskincare.com**

**THE CONS**

Some vegan lines contain ingredients that should be avoided. Although a product may be labeled vegan, it may not be manufactured according to the specifications set forward. Some vegan lines swap in ingredients that don't qualify as being vegan.

**They may lack important lipids.** Dr. Germain says some lipid structures, which are necessary for proper product penetration and hydration, can't be sourced from plants. "Although the product may not contain animal by-products, it could contain synthetic ingredients."

**They can contain chemicals.** "The idea behind vegan products is that they are free of animal by-products; however, they may contain chemicals, parabens and sulfates," says Koronczay. Many of them are natural or organic, but they don't have to be.

**05**

Creamy and nourishing, this lipstick line isn't just vegan, but also organic and natural. **\$30, sephora.com**



**06**

The perfect pre-makeup skin prep, this vegan spray is packed with vitamin B6. **\$31, ulta.com**



**07**

These daily supplements help detox your liver so it functions optimally. An added bonus: they also claim to reduce dark under-eye circles, too. **\$25, humnutrition.com**

