

MINERAL MANIA

Find out if the mineral makeup craze is really worth your time and money. *By Justina Tan*



Pure mineral makeup is supposedly great for sensitive or acne-prone skin. It is non-comedogenic and contains little or no preservatives, fragrances, fillers, oils and synthetic chemicals. Skin, therefore, breathes better. Mineral makeup also touts anti-inflammatory, antimicrobial and sun protection properties.

“The prime ingredients used in mineral makeup are inert, so they don’t react with your skin. They sit on the surface of skin rather than settle into the pores,” points out Dr Calvin Chan, director of Calvin Chan Aesthetic & Laser Clinic.

Many reasons draw women to mineral makeup. The light-reflective properties of minerals not only act as a natural sunscreen, but also effectively conceal redness and blemishes. The finish is smooth and radiant, while the texture is extremely lightweight and comfortable. Here’s the best bit: minerals are water-resistant, so one application can last through a muggy day, a workout and even the rain without streaking or settling into pores and wrinkles.

While mineral makeup sounds like a miracle, there is a caveat. Not all mineral makeup is made equal. As there’s no set regulation for what constitutes “mineral” makeup, any

(FROM TOP)
BAREMINERALS
SPF 30 NATURAL
SUNSCREEN,
DAZZLING
NATURALS BAKED
MINERAL TRIAGE,
SMASHBOX HALO
YELLOW COLOR
CORRECTING
HYDRATING
POWDER



product that contains minerals as a primary ingredient can be marketed as such, even if it contains a host of other non-mineral ingredients.

According to Dr Jean Ho, a consultant dermatologist with Jean Ho Skin and Laser Clinic, a genuine mineral makeup product has a significantly shorter list of ingredients than a non-mineral one. On average, there should be about 10.

The first five ingredients on the list should be all minerals, adds Dr Chan. Common ones in mineral makeup include titanium dioxide, zinc oxide, iron oxide, silica and mica.

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Be on the lookout for bismuth oxychloride. Although it’s technically a mineral, it’s not from the earth. A by-product of lead and copper processing, it adds shimmer and has antimicrobial properties, but it may cause irritation in very sensitive or acne-prone skin.

For better protection, experts suggest applying a conventional sunscreen beforehand. They also draw the line at claims that you can sleep in mineral makeup. “I wouldn’t recommend sleeping in any kind of makeup,” says Dr Chan.

Still, semi-mineral and conventional makeup isn’t necessarily bad for your skin. Mineral oil when formulated properly won’t clog pores; cornstarch turns loose powder into pressed; oils are hydrating and help foundation and lipstick to glide on. If you’re determined to avoid all chemicals, scan the label before buying.

Unlike 100 per cent mineral makeup, which is usually in powder or liquid form – some women might find it limiting – semi-mineral or non-mineral makeup is more versatile in formulation. The latter also has a smoother and sheerer finish, and is available in a wider range of colours.

Using mineral makeup has many benefits, but it doesn’t make non-mineral makeup inferior. Ultimately, the best makeup is that which makes you look and feel better.

NATURAL GOODNESS

Assemble your mineral makeup arsenal now.

BareMinerals SPF 30 Natural Sunscreen, \$62, provides broad spectrum sun protection without greasiness. It can be used under or over makeup, so touch-ups are a breeze.

Dazzling Naturals Baked Mineral Triage, \$45.90, covers up redness, brightens sallow skin and blurs fine lines with light-refracting sericite mica.

Smashbox Halo Yellow Color Correcting Hydrating Powder, \$79, reduces redness while nourishing the skin with gold, 48 minerals, 11 amino acids and a powerful peptide.