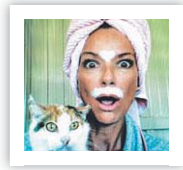


GLUTEN-FREE BEAUTY



NAVIGATING THE BEAUTY MINEFIELD, **SHARI TAGLIABUE** SHOWS YOU THE SHORTCUTS, SIDESTEPS AND LOWDOWN ON LOOKING YOUR BEST

If you enjoy pasta, pancakes and pastry without incident, think yourself lucky.

The unpleasant effects wheat, rye, malt, oats and barley have on an increasing number of people are showing no signs of slowing.

The Mayo Clinic advises that gluten can't be absorbed through the skin as the protein is too large but if ingested, even trace amounts of the gluten protein can cause symptoms. This means that it's not only gluten in food that sufferers need to look out for but supplements, too, and any beauty products that are at risk of being swallowed, say as in toothpaste, mouthwash or lipstick, or any product used around the mouth.

Even if you don't suffer from coeliac disease but have a gluten-sensitivity, sensitive skin or an allergy to wheat products, then gluten free cosmetics and beauty products are a good way to

go to avoid any potential reaction. Don't risk eye strain trying to decipher labels, go online for definitive lists of gluten-free brands, or try ONNE, the new gluten-free, chemical-free and vegan range from a couple of clued-up Aussie gals.

Too Faced Cosmetics is also gluten free (except their Borderline lip pencil), with amazing packaging.

Joico make a gluten-free shampoo and conditioner, so if you like that salon feel, this is it.

Finding gluten-free beauty might be finicky but in the end, it's worth it.



**Hey
girl,**

**I'll make sure Gluten never
comes near you again. Ever.**