



In Harmony- Rejuvenating and Healing Beauty



By: Lauren Jablonski on MAY 4, 2016

Fashion & Beauty

At the Green Expo in NYC, I discovered a new organic, allergy-friendly line of beauty products called in Harmony. Victoria Birk Hill, Vice President of Marketing and Sales for in Harmony explained that most of in Harmony's beauty products are vegan, gluten free and wheat free. There are no harmful ingredients in their products – no sulfates, no parabens, no synthetic fragrances and no dyes.

What made you decide to create in Harmony?

Victoria Birk Hill

Dr. Carole Kowalczyk, the founder of in Harmony, is a reproductive endocrinologist with 20 years of medical experience. She's been voted a top doctor for several years in Michigan, in part because of the emphasis she puts on her patients complete wellbeing. She grew alarmed when she learned that the beauty care industry was unregulated and sought out a better solution for her patients. She wanted a safer alternative, one that was free of all the harmful ingredients found in most of today's beauty products; products that are safe for pregnant women, safe for couples trying to get pregnant, safe for all.

Dr. Carole Kowalczyk, and those who work for her at in Harmony, are passionate about beauty products that are good for you. They want customers to look beautiful and feel beautiful ... naturally. Everything they create is made using the best nature has to offer – organic ingredients, therapeutic grade essential oils and pure minerals. There are no harmful ingredients in their products – no sulfates, no parabens, no synthetic fragrances and no dyes. Only nature's best ingredients. Even those with sensitivities and allergies will find in Harmony rejuvenating and healing.

Most of in Harmony's beauty products are vegan, gluten free and wheat free.

What are the benefits of using organic and natural ingredients?

Victoria Birk Hill

Just like in the food industry, you need to read the ingredients that are in your skin care and makeup products. According to a study released last year by the Harvard School of Public Health, the average U.S. person is exposed to more than 100 chemicals in their cosmetics, soaps and personal care products before leaving the house in the morning!

And what's even more disturbing is that some of these products contain a dozen or more chemicals, many of which are carcinogens, neurotoxins and reproductive toxins that are absorbed through our skin ... our largest organ.

Unfortunately the FDA currently has little power to regulate ingredients in personal care. There is legislature under consideration by Congress – The Safe Cosmetics and Personal Care Act of 2013 – which would require more safety measures, but until it is approved we need to be our own advocates. So read the labels. Make sure you know what you are putting on your face and your body.

At in Harmony we pride ourselves on safe, non-toxic ingredients. Our products are all-natural, and are 80-

100% organic. Many of our competitors claim to be organic, but only 3%+ of their ingredients are. How can they do this? Because the industry is not yet regulated.

How long before people see a difference in their skin using in Harmony? It depends upon the person and the products being used (whether it's our all natural skin care line, our 100% organic and mineral makeup line, or our safe and organic personal lubricant) but most people see results within a week. Some almost immediately. Below are some customer testimonials. You can also visit our website for product reviews.

<http://inharmonynaturals.com/catalog/category/view/id/44>

- "I love the lavender body butter and scrub. These organic products are fabulous." P. Kelly
- "Sensual is a perfect product for women of all ages. My husband and I really like it." J. Russell
- I love the lip balm. I use it daily and no longer have dry, chapped lips in the winter." D. Liburdi
- I love my in Harmony blush. It's very easy to blend, lasts all day and looks completely natural. I'm switching from the brand I've used for 20 years!" T. Strong

How does your eye shadow compare to other mineral eye shadows?

Victoria Birk Hill

Not all mineral makeup products are the same. The benefits of our 100% organic and mineral eyeshadow, blush, foundation and eyeliner include:

- Our 100% mineral makeup products won't clog your pores.
- They are preservative-free and fragrance-free which minimizes allergies and skin irritations. And our mineral eye shadow won't dry out your eyelids like some brands do.
- They soothe. Did you know that calamine lotion, which is used to calm rashes, is basically zinc oxide colored with iron oxide? Both of these ingredients are in our mineral makeup.
- It serves as a natural protector from the sun. Zinc oxide and titanium dioxide are naturally found in mineral makeup and both ingredients have been approved by the FDA as a sunscreen.
- It is totally oil-free which is great for those with oily skin.
- It is breathable. It is light, airy and leaves your skin looking natural and beautiful.
- 100% mineral makeup doesn't support the growth of bacteria, making it especially beneficial for patients with acne-prone skin.

There's a lot of interest in mineral makeup because of its safe, all natural and organic characteristics. Be wary of those that have fillers or claim to be mineral-enriched. They may contain preservatives, perfumes, chemical dyes or other irritating ingredients that clog the pores and aggravate allergies. It's always best to go with a trusted brand like in Harmony,

Where can people in the Long Island & NY area purchase your product?

Victoria Birk Hill

We are currently in discussion with some local businesses, but our arrangements haven't been finalized. If they are before your article goes online we will share the details. Until then please refer people to our website (<http://inharmonynaturals.com/organic-beauty-care>) and tell them that all LIB readers will receive free shipping on their orders by putting in the coupon code "#LIB Magazine."

What is next for in Harmony?

Victoria Birk Hill

We are working on a safe, all natural men's line of skin care products. We are also in development on all-natural mascara, 100% mineral lip liner and some new vegan lip-glosses. And we hope to be in stores in the NY and Long Island area soon!

Again for all online orders please use #LIB Magazine in the coupon code area for free shipping.

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