



With just a handful of multitasking products, you can look like you didn’t just roll out of bed in the morning.

# Too Busy to Take Time for Yourself?

## Try some multitasking products for a stress-free routine

BY SARITA COREN  
EPOCH TIMES STAFF

If you are anything like me, my morning makeup routine must be quick, efficient, and enjoyable. With lunches to throw together, kids to get dressed, and a healthy breakfast to make, I have little time left to look as though I didn’t just roll out of bed. Here is my short list of multitasking products that save time and space, yet still feel really good.

**Suntegrity ‘5 in 1’ Natural Moisturizing Face Sunscreen**  
As the name says, this product treats,

hydrates, protects, primes, and covers the skin. It uses only natural ingredients and was featured in the Best Sunscreens category on the Environmental Working Group’s 2012 Sunscreen Guide. It comes in Light and Medium shades that match most skin tones.

**Jane Iredale Circle\Delete Concealer**  
If I have a little extra time, I’ll dab on this concealer to cover any remnants of a poor night’s sleep. It doubles as an eye treatment too, as it contains conditioners like avocado oil and jojoba esters, both high in vitamins A, C, D, and E, as well as green tea extract,

which is an antioxidant.

**Revolution Organics Freedom Glow Beauty Balm**  
This multitasking product is an easy-to-apply balm to add color to lips, cheeks, forehead, nose, décolletage, or anywhere you want to add an instant color glow. It contains 85 percent certified organic ingredients like organic olive, coconut, and jojoba oils to moisturize and soften the skin; organic beeswax to protect and hydrate; and organic aloe vera to condition and soothe.

**Physicians Formula 2-in-1 Lash Boosting Eyeliner**

This brush-tipped pen easily glides across the lash line and boosts eyelash volume, length, and thickness thanks to the nutrients in the serum. You don’t need a separate brush, either. For just under \$11, you really can’t beat the value of this multitasking product.

**WEN Cleansing Conditioner**  
When a beauty expert recommends a product that she’s not selling, I listen! That’s how I discovered WEN Cleansing Conditioner. Julie Lindh, esthetician and skin care guru, shared on her blog that it was doing wonderful things for her hair—and it’s proven true for me, too. After testing out a 12-ounce bottle of

this shampoo, I can honestly say that my hair color looks richer and my hair feels healthier. It is touted as taking the place of shampoo, conditioner, deep conditioner, detangler, leave-in conditioner, and even shaving cream. Bye-bye multiple haircare products.

**Bubble & Bee Peppermint Vanilla Salt Scrub**  
This salt scrub not only exfoliates the skin, but the natural oils also moisturize and cleanse, leaving skin smooth and soft. Plus, the mint scent wakes up the senses and refreshes—exactly what is needed at the start of a busy day.

## Zoe Organics: A Mother’s Inspiration

BY KIRBY KOO

Motherhood is a life-changing experience for most, but for Heather Hamilton, founder of Zoe Organics, it was an opportunity to pursue a lifelong passion. A beauty and wellness enthusiast by nature, Hamilton was always seeking organic, all-natural, and safe products for her family. Dissatisfied with the range of products on the market and pregnant with her second child, Hamilton was determined to provide the best for her children. With fire in her belly and a loving mother’s instinct to protect her children, Zoe Organics was born. “The name ‘Zoe Organics’ came to me and it just felt right,” Hamilton explained in an interview with The Epoch Times. With the passing of her beloved sister-in-law, mentor, and friend Suzanne, Hamilton felt it was a great tribute to name her brand after the 3-month-old daughter Suzanne left behind named Zoe Anne. Coincidentally, “Zoe” also means life, which Hamilton hopes to bring to families around the world through her brand. “Initially, I was discouraged by many people when I told them I was going to create an all-natural and organic cosmetic brand. Rather than spending thousands of dollars on a chemist to help me create products, I decided to create my own products and learn about all the ingredients independently,” she told The Epoch Times. Two years after experimenting and creating in the laboratory, her brand was launched. To this day, she sticks with only organic and all-natural ingredients. “I am very strict with the process and always make sure to double-check the origin certifications for the highest quality

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Heather Hamilton

organic ingredients,” she explained. Now, Zoe Organics is adored all across the board, from families to A-list celebrities. As for Hamilton, she hopes to continue to inspire families and mothers around the world. “The last Christmas Suzanne spent with us, she gifted me a ring with the inscription in French: ‘Il faut vivre et non pas seulement exister.’ Translated, it means, ‘One must live life, not just exist.’ I have taken this to heart in both my everyday life and in my business,” she said. May we all be inspired and safe, thanks to Zoe Organics. The products can be found at: [www.zoeorganics.com](http://www.zoeorganics.com) Kirby Koo is a freelance writer and soon-to-be yoga instructor in Hong Kong. Inspired by her grandfather who was a doctor during the 1950s–1970s in Hong Kong, she incorporates Chinese medicinal properties with Western medicine into her beauty DIY recipes. She can be contacted at: [www.kirby-koo.com](http://www.kirby-koo.com)



Heather Hamilton, founder of Zoe Organics, pictured with her beautiful family, created her line of products with her family’s good health and well-being in mind.