

Saarah Samadani Part 1

You're watching Mom's Matter at ever Talk TV And we're gonna talk beauty tips with the beautiful Sara Samini from beauty mommy Welcome to the studio Hi Thanks for having me I'm excited to be here I'm so excited to have you because I follow you on Instagram and I see how authentic and real you are and you really are doing something really important because you're helping moms um women Children navigate products healthy products Yeah Yeah So if I'm like shopping I have no idea what to look for on a bottle Where do you start Um Well first it depends on what kind of product you're looking for because each different type of product whether it's a supplement or whether it's like a beauty product there's different ingredients that you kind of want to look out for But the number one thing that I look out for whether it's a beauty product or a supplement is I kind of try to get an idea of what kind of preservatives that are used in the supplement and the beauty product because even with the natural skincare products you need a little bit of a preservative So that mold and mildew don't um contaminate the bottle but there are better alternatives to um looking at what preservatives you're using So for instance if I'm looking for like a skin cream the number one ingredient I look for so that I avoid the skin cream bottle is any type of fragrance or any type of Paraben or methylparaben anything that ends in Paraben you kind of want to stay away from Um and then I started staying away from the pegs you'll see in pe G on the bottle And it's really important because what happened happens is these ingredients they cause endocrine disruption which basically means like everything in you from your hormonal system to your metabolism to how you process foods all gets me messed up And if your metabolism is kind of off your body is not gonna absorb the foods it needs to function whether it's for gut health or for just even everyday things And then that's why we're getting so many cases of you know gut problems or endocrine problems or a thyroid problem And I have a thyroid problem you know and I know this stems from back in the day using like the Mary Kay cosmetics that are loaded in all these different kinds of chemicals right But that's where I start It's interesting because I mean we don't really talk about it but your your skin is your largest organ right And so the creams that we put on go immediately into Yeah And and it's funny like I think that it's hard to understand that you do absorb everything from the outside even from environmental things Right We're absorbing everything through our skin But the one thing I tell people is people take medicine through their skin

So like for instance women when we have something going on with their cycle let's say our progesterone is low there's progesterone cream and you rub it you know on your arm or your leg but you're actually taking medicine through your skin So I kind of like introduce that to people that you know some people have to take testosterone behind the knees and it's it's literally just like a little cream that absorbs it So if you're absorbing these um endocrine disrupted chemicals and you're you know putting them near your lymph nodes from deodorants to all that stuff you're messing everything up You are I mean it's so true So is there a go to like facial moisturizer or a tinted moisturizer You beautiful skin um that you use that you want to share with moms Um Yeah there's a couple So I Derma E is like my number one skincare brand I love it And what's nice is that it's actually affordable It's now in Target Oh wow Um You can buy directly from their website and I always like scope out sales I do work with them but I buy their products too you know like I go into Whole Foods and buy their stuff I go to Target and buy their stuff whenever they have like this big sale I buy it And then as far as like um foundation brands there's this brand called My Shell and they have this tinted moisturizer and it's amazing So you get this this you know the sun protection but the the cream is so silky and you put it on and it just makes your skin like look really really smooth and it's Paraben Free Paraben free all free of all of those those really bad chemicals the brands and anything you use for your Children that you think is amazing Yeah so I stick for my kids I'll use um Tubby Todd for my kids because they have a really clean line and shea moisture is a pretty clean line as well So I kind of go back and forth between the both of them and it's different for both kids because like now my daughter needs conditioner for her hair She's five So I'm like oh my God baby you need conditioner now So I started using some really good shea moisture conditioner and I use the shea moisture lotion for myself and it's clean and it feels good and not lose anything Well you're beautiful and I trust you which is why I brought you on the show So thank you for sharing those tips and if people want to learn more they can visit you on Instagram Yeah Right And it's mommy It's beauty mommy beauty mommy It's listed right here You can visit her She's got great tips and I know you're not sales lady which is why I love what you do You're real you're authentic If you use it and you love it you post it Yeah that's what I do And it's a great resource Moms Check her out beauty mommy It was such a pleasure having you on the show Nice being here Thanks for having me and we'll have you next time So I met you to tune in next time so you can hear

more from the beautiful song