

Nail Polish on Little Fingers : An Interview with Kayse Gahret of Soulstice Spa

My daughters love to paint their nails. They ask me every week if we can get a new color of polish and paint their fingers or toes. I cringe every time their sweet little voices ask because of the known cancer-causing chemicals in nail polish.

It is funny. Just like grown women, girls are drawn to make up, lotions, potions and anything girly. We like to smell yummy and sparkle beginning at a very early age. And rightfully so, it is fun to be pretty! So, I was relieved to find a company that produces polishes and beauty products without these chemicals. I even got a chance to ask Kayse Gehret, owner of Soulstice Spa a few burning questions...

Kayse, I love your company! What is the philosophy behind Soulstice Spa?

Soulstice is a boutique, eco-luxe line that marries potent natural ingredients with the best of science... Over the years I had tried so many natural lines of bodycare that just weren't effective, as well as luxury lines that I felt had too many toxins and synthetics. In Soulstice we've tried to capture the best of both worlds - truly effective, vitamin-infused natural formulas that smell wonderful and feel fantastic.

Giving back toward the greater good has been woven into our company ethic since day one - it sets us apart and our customers love it! A portion of our proceeds are passed along to social and environmental organizations = our goal at Soulstice is to help our customers look good, feel good and do good!

As a mom, I have noticed myself steering away from toxic chemicals and cosmetics. Do you have any words of wisdom or advice for moms in terms of ingredients to avoid or better yet, ones that are beneficial?

A really simple way to reduce the number of chemicals you're exposed to through personal care products is by using only naturally scented products. Each synthetic fragrance consists of hundreds of undisclosed chemicals, while essential oil fragrances are natural and have a plethora of beneficial properties. You can tell the difference by reading the ingredient panel on your product; if it just says "fragrance," then it is most likely synthetic.

Look for body and skincare products that are rich in vitamins, antioxidants and healthy oils to counteract the effects of aging, pollution, environmental toxins, dehydration and to minimize inflammation. I am a big fan of omega oils - olive, avocado and almond - as well as vitamin C and coenzyme q10 to protect and nourish the skin.

My girls love nail polish, but when they paint their nails, the next step is always biting the dried polish off. Yuck! I totally remember doing this as a kid and it makes my skin crawl. The carcinogens in nail polish are out of control! Can you talk to this and tell us about your nail polish?

We created our Soulstice Nail Colours after learning about the toxins in many of the mainstream nail polish brands. Of special concern were those ingredients that have been linked with reproductive and developmental impairment. The top three ingredients to avoid are: formaldehyde, toluene and dibutyl phthalate (often seen listed as DBP.) DBP has already been banned for use in cosmetics in the European Union, and hopefully the U.S. will soon follow suit. Soulstice Nail Colours are free of these ingredients, as well as vegan (no animal ingredients or testing.)

Do you have tips for moms about keeping up their beauty regime?

Moms are amazing multi-taskers and typically short on time – because of this, I recommend looking for multi-purpose products… For example, we consciously created body washes that double as face washes. It saves the environment, and saves time!

Many of our moms carry their own Soulstice Nail Colour along to their nail salon for their mani-pedis; this way they can touch up the polish from time to time and make their pedicure or manicure last longer between visits.

Just curious, how did you come up with the name Soulstice? I love it!

Oh, thanks! It’s a soothing, memorable word that represents the changing of time and seasons… it carries a lot of meaning within it. And it was important to me to incorporate social responsibility and care into the company from the beginning – that is the “soul” in Soulstice.

Kayse, thank you so much for sharing your wisdom with us! To order your vegan/environmentally friendly products or to learn more about Soulstice Spa, visit www.soulsticespa.com .