

# Gluten-free skincare products are a thing, and you should know about them



Most people nowadays are familiar with gluten-free eating and understand [the methodology](#) behind it -- some adhere to a GF diet because of celiac disease, some because they think it will help them lose weight and others because [they believe gluten is a toxin](#) or [hinders a person's brain power](#).

Regardless of your [stance on gluten](#), you probably never knew that a lot of the beauty and skincare products you use every day list gluten among their ingredients. People are only just starting to pay attention to what they're putting *on* their bodies, rather than just what they're putting *in* their bodies, thanks to skincare lines like [Tammy Fender](#) or [goop](#), which claims to be so natural that [you can actually eat the products](#).

Despite the trend of natural, organic and gluten-free living, those who actually live with celiac disease have to be much more careful, creating a need in the market for gluten-free body care products. [Jennifer Esposito](#), actress and owner of the NYC-based gluten-free bakery [Jennifer's Way](#), has decided to help fill that need.

Esposito recently helped to launch [Éclair Naturals](#), a luxury line of pure body care products that are free of gluten and soy and are also cruelty-free and vegan. Since being diagnosed with severe celiac in 2013, the actress has made it her mission to help others navigate the tricky disease in a world seemingly filled with gluten.

"'Gluten-free' has become such a catch phrase and trend now that I'm sure people are going to be like, 'Oh, god, now it's in my products!' But for someone like me, it's actually very important," Esposito said when we chatted with her.

"The gluten molecule is too big to be absorbed by the skin. When I was diagnosed with celiac my hair was falling out in clumps and I had a burning scalp, and as soon as I stopped the gluten shampoo it all stopped," she said.

While gluten-free skincare products may not be necessary for those without celiac disease, the product line is entirely free of parabens, which can be hard to find, especially at an affordable price point.

Regardless of whether or not you live a gluten-free lifestyle, "you want a clean product, because what you're putting on your skin actually matters," Esposito told us.

All [Éclair products](#) are non-GMO verified and made in the USA, but luckily they don't have the hefty price tag that so many skincare lines boasting the same values have. The 50 plus products recently launched can be purchased at retailers like Rite Aid, as well as on the [Éclair Naturals website](#), all for virtually under \$10.

So if you're looking to upgrade your skincare products to something good for your body, good for animals and good for your wallet, Éclair may be the brand for you.

