A woman with long brown hair is standing on a wooden pier. She is wearing a light-colored, sleeveless linen top with a gold-colored trim along the edges and wide-leg white trousers. She is also wearing gold-colored sandals. In the background, there is a large, multi-story stone building with a white wall and a window. The sea is visible to the right, and the sky is overcast.

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THE HEALTH BENEFITS OF *Natural Fabrics*

With Focus on How Linen, and
Wool Restore Balance, Vitality,
and Wellbeing

By Gyöngy Wright

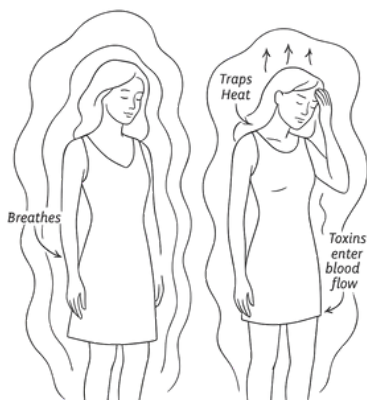
Introduction

Your clothing is more than a style statement: it's an energy field around your body.

Natural fibers like linen, hemp, wool, and organic cotton breathe with you, helping your body regulate temperature and protect your nervous system. In contrast, synthetic clothes made from petroleum prevent your skin from releasing heat and toxins. They make you sweat, and as your pores open, the chemicals within these fabrics can gradually seep into your bloodstream.

Choosing organic natural fibers is no longer just a nice-to-have. it's essential for your health.

Science and ancient wisdom agree: the materials we wear influence our health, mood, and energy every single day.



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Your body is sacred, deserves is comfort, purity, and care. Every natural choice you make — from your sheets to your clothes — protects your body's energy field and supports wellbeing.

01 The Hidden Cost of Fashion

The fashion industry produces over **100 billion garments each year**, and every second, one garbage truck's worth of clothing is landfilled or burned. It's estimated that if we stopped producing clothing today, we already have **enough garments on Earth to dress the next six generations**.

Synthetic textiles like polyester, acrylic and nylon take up to 200 years to decompose and are responsible for **35% of the microplastic pollution in oceans**.

Worse, **microfibers** have now been found in human **placentas**.

Behind the polished marketing lies **chemical processing, exploited labor, and an endless cycle of waste**, all in the name of convenience and profit.

According to the **Materials Market Report 2023**, the world produced around 124 million tonnes of textile fibers in 2023. **Synthetic fibers: 67%** of total production.

By contrast:

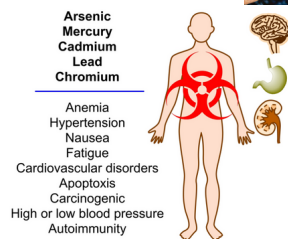
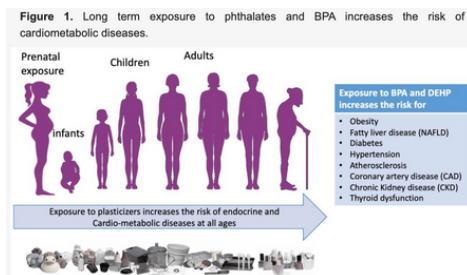
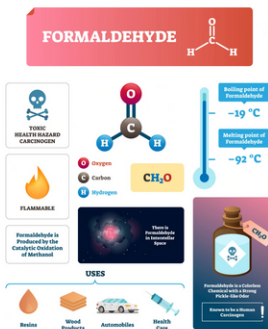
- **Plant fibers made up only 25%**, led by cotton (24.7 million tonnes, or 20%)
- Animal fibers like **wool and silk** accounted for just **1%** combined
- **Manmade cellulosic fibers** (like viscose and lyocell) made up around **6%**

It's clear that synthetic dominance is not just a trend, it's the norm due to fashion trends. Which is why we need tools to protect ourselves.

What Touches Your Skin, Touches Your Health

Most conventional textiles are treated with harmful substances such as

- **Formaldehyde:** used for wrinkle resistance; a known carcinogen and respiratory irritant
- **Azo dyes:** can release toxic amines upon contact with sweat
- **Perfluorinated chemicals (PFCs):** “forever chemicals” used for stain resistance that disrupt hormones
- **Phthalates & BPA:** mimic estrogen, linked to breast cancer and infertility
- **Heavy metals:** like lead and cadmium, which damage the brain and organs



These chemicals are largely unregulated, accumulating in tissues over time and contributing to **hormone imbalance, infertility, allergies, chronic fatigue, and even cancer.**

The Truth About “Organic” Labels

Even if a label says “100% cotton,” it may not be safe unless certified organic. Read that again.

However not all “organic” claims are equal. there are many certification (ie. OEKO-TEX, Organic 100, CCOF, GOTS), however only **GOTS** (Global Organic Textile Standard) guarantees full transparency from seed to finished product ensuring:

- Organic farming practices
- No toxic dyes or finishes
- No heavy metals or formaldehyde
- Fair labor conditions

When in doubt, look for the **GOTS** label. It’s the only certification that covers both health and ethics.



02 Natural vs. Synthetic Fibers

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The further a fiber drifts from nature, the lower its biological compatibility, and the higher the environmental and energetic cost.

Natural Fabrics

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Semi-Synthetic fabrics



Synthetic fabrics



TOXICITY

- **Natural fabrics:** linen, wool, hemp, cotton, peace silk are breathable, temperature-regulating, and biodegradable.
- **Semi-synthetic:** bamboo viscose, rayon, modal, lyocell are plant-based but chemically processed.
- **Synthetic:** polyester, nylon, spandex, acrylic are petroleum-based and non-biodegradable.

Linen: The Healing Fabric

Ancient Wisdom, Modern Science

Linen, derived from flax, has supported human health for millennia.

Flax cells are **so biologically compatible that the body can dissolve them**, one reason linen was used for **surgical sutures, bandages, and hospital sheets**.

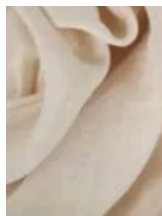
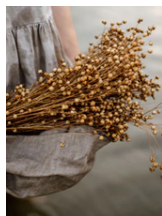
Japanese studies found that **bedridden patients using linen did not develop bedsores**, thanks to its breathable and antimicrobial properties.

Furthermore, studies show that linen can accelerate wound size reduction, decrease ulcer and supports cell regeneration.

Dr. Heidi Yellen's early research explored how certain natural fabrics may hold measurable **energetic frequencies**, linen and wool showing notably high resonance values, circa 5000 Hz.

What linen does for you?

- Naturally antibacterial and antifungal
- EMF and radiation protection
- Boosts mood naturally
- Balances body temperature
- 1.5x less perspiration than cotton
- Promotes comfort and calm
- Promotes cellular healing
- Fully biodegradable



"Linen breathes with you, grounding your body while keeping your energy calm."

Wool: The Natural Shield

Intelligent Protection from Nature

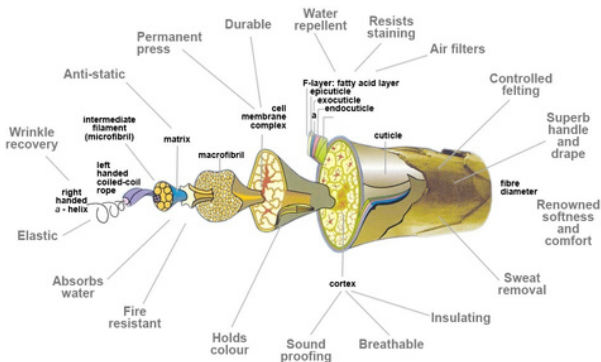
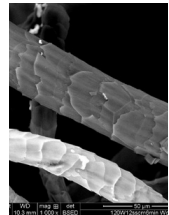
Wool fibers create tiny air pockets that insulate in winter and breathe in summer, helping the body stay at its ideal temperature.

Made of keratin, the same protein as human hair and skin, wool contains 18 amino acids that interact harmoniously with our biology.

Its natural coating, lanolin, provides antibacterial protection and soothes sensitive or eczema-prone skin.

How Wool Supports the Skin?

- Maintains a natural pH close to human skin (4.5–5.5)
- Absorbs up to 30% of its weight in moisture without feeling damp
- Wicks away sweat and discourages bacteria
- Prevents overheating and irritation
- Offers mild EMF and UV protection through its dielectric structure
- Naturally odor-resistant and flame-retardant





03

Conscious Choices Section

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*Even one conscious choice,
a linen shirt, a wool sweater, or organic underwear,
is a vote for your health and the planet.*

The Hidden Dangers in Your Closet

Avoid: polyester, nylon, acrylic, spandex, acetate, vegan leather, bamboo viscose, rayon, modal and tencel.

These fabrics trap heat, release microplastics, and expose the skin to chemicals.

They also conflict with electromagnetic fields, contributing to static buildup and fatigue.

Popular brands such as **Zara, H&M, Mango and Shein**, just to name few, rely heavily on these cheap, synthetic materials, which are often produced under poor working conditions and using toxic dyes.

Shockingly mostly of these fabrics you will find in your **underwear, socks, shapewear, gym outfits, and water repellent outerwear**.



Better, Not Perfect

If organic isn't an option, choose better alternatives:

- ✓ OEKO-TEX certified cotton
- ✓ Regular linen hemp and wool
- ✓ Non-toxic, plant-based dyes

The Gold Standard



Choose natural fibers made the slow way:



Organic linen



Organic untreated wool



Organic cotton



Peace silk



Hemp

These are high-integrity, high-frequency materials that nurture rather than deplete your energy and environment.

made with botanical dyes.

Where to start?

Transitioning to natural fibers doesn't have to happen all at once. Begin with the pieces that spend the most time touching your skin, the ones that truly influence your energy, comfort, and health.

1. Change your pajamas

This is the most powerful shift you can make. We spend nearly 1/3 of our lives sleeping, and what we wear during those hours directly affects our rest and recovery.

Choose linen, organic cotton, or a natural blend. your skin will breathe, your body will regulate temperature more efficiently, and your sleep will feel deeper and calmer.

2. Upgrade your underwear and base layers

Start with what's closest to your skin. Select organic cotton, silk, or wool pieces that allow natural air circulation and prevent toxin absorption.

3. Rethink your activewear

Synthetic fabrics block your skin from breathing, making you sweat more while preventing detoxification and actually toxifying you. Choose breathable, natural-fiber options made from organic cotton or merino.

4. Focus on what you wear most

You don't need to replace everything overnight. Start with the pieces you wear most often. If you live in jeans, look for organic cotton denim. If you love blazers, opt for linen or wool.



04

Brand Guide Section

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*Even one conscious choice —
a linen shirt, a wool sweater, or organic underwear —
is a vote for your health and the planet.*

Everyday Organic Clothes

- Amber Linen - A Lithuanian brand crafting premium 100% linen pieces with non-toxic dyes, ethical practices, and deep respect for local craftsmanship
- Old Linen Mill – A family-owned linen house with four generations of textile expertise, creating timeless, handcrafted pieces from premium European flax
- Not Perfect Linen – One of the most trusted artisan linen brands on the market; family-run in Lithuania with made-to-order pieces in certified organic linen
- Linen Couture – Timeless, elegant loungewear and sleepwear made from 100% European natural linen, made in Lithuania
- Amour Linen – Baltic-made, OEKO-TEX certified linen with a clean, minimalist aesthetic
- LG Linen – Linen textures and shapes from Lithuania
- De Ionescu - Handcrafted wear from Transylvania, premium hemp and linen suits, shirts, and essentials made with timeless craftsmanship
- Hanfliebe - Made-to-order unique, high-quality hemp clothing from underwear to everyday wear
- Basic Apparel – Organic basics, mostly cotton from Denmark
- Rawganique – Organic biodegradable clothing made in USA & Europe since 1997
- Son de Flor - Romantic, durable dresses made from hemp and linen, hand-sewn with love and intention
- Hempage - Beautiful everyday basics crafted from organic hemp and cotton blends, GOTS-certified fabrics, EU-based ethical manufacturing
- Hessnatur – German pioneer in organic fashion with a Swiss shop, clothing made from GOTS cotton, linen, hemp and wool, including underwear and gymwear
- Waschbaer – German eco pioneer with a Swiss shop; has a wide range of organic cotton, hemp, and wool clothing for the whole family
- Dilling – Merino and cotton basics from Denmark, including underwear and gymwear with a Swiss shop
- Manor Woman – Swiss-based department store offering affordable organic cotton and regular linen basics
- Quince – Affordable natural cotton and wool basics from USA
- Pact – Super soft GOTS-certified cotton from the USA

More stylish brands favorites that look good and feel better, *but not every piece is 100% organic or natural fibers, so check the label before you buy.*

- [Ganni](#) – Trendy silhouettes with growing selections in organic cotton
- [Sézane](#) – French and feminine, offering organic cotton and linen staples
- [Marco Polo](#) – Timeless styles with linen and cotton collections
- [Kotn](#) – B Corp–certified, known for ethically made Egyptian cotton
- [Patagonia](#) – Organic cotton basics and outerwear made for durability and purpose
- [S. Oliver](#) – Offers some natural fiber lines, especially for spring/summer

Special Pieces: Linen Couture

- [Haris Cotton](#) – Linen staples with a refined Greek flair, perfect for effortless daily wear
- [The Posse](#) – Australian slow fashion offering beautiful linen clothes
- [Sir the Label](#) – Feminine minimalism from Australia carrying linen clothes
- [Zimmerman](#) – Dreamy and bohemian Australian brand carrying linen clothes
- [Cortana](#) – Linen slow-made elegance in Spain
- [Lanius](#) – Great cotton and linen pieces
- [Ancient Kallos](#) – Special linen clothes with a mythological twist
- [Devotion Twins](#) – Handmade cotton and linen in Greece
- [Nuaje Nuaje](#) – Ethereal linen and hemp styles
- [Yaneth](#) – Natural luxury with a Australian touch
- [By Limo](#) – Dreamy silhouettes, designed and made in Spain from sustainable European linen
- [Vitamin A – Linen Love Collection](#) – Rare linen swim and resortwear pieces
- [120Lino](#) – Italian Linen with over 40 years of heritage

Organic & Soft Underwear

Your skin absorbs what it touches most and underwear is often the most intimate layer. These brands offer breathable, toxin-free options that are gentle on your body and energy field.

Cotton-Based Underwear

- [Basic Apparel](#) – Danish brand creating simple, planet-friendly pieces in GOTS-certified cotton
- [Pact](#) – Ultra-soft, GOTS-certified organic cotton essentials for the whole family, made in the USA
- [Hessnatur](#) – German sustainability leader with breathable, natural cotton underwear
- [Cottonique](#) – Specifically made for sensitive skin, allergies, and eczema; 100% chemical-free
- [Quince](#) – Affordable, minimalist underwear in organic cotton at direct-to-consumer prices

Merino-Based Underwear

- [Dilling](#) – Danish-made merino wool underwear, thermoregulating and perfect for colder months
- [Juem Woman](#) – Feminine silhouettes made from organic cotton and merino blends, perfect for soft daily support
- [Chosen Woven](#) – Earthy tones and gentle merino underwear for minimalist, natural living

Linen-Based Underwear

- [Lacy Linen](#) – Handmade, breathable linen underwear in romantic vintage cuts from Lithuania
- [Heavenly Essentials](#) – OEKO-TEX certified linen intimates designed for softness and breathability
- [Itsagagsaga](#) – Soft stonewashed linen underwear with a focus on comfort and elegance

Gymwear You Can Actually Sweat In

- [Hessnatur](#) – GOTS-certified cotton leggings and bras
- [Dilling](#) – Merino long-sleeves and thermals perfect for active layering
- [Public Myth](#) – Merino gymwear
- [Waschbaer](#) – GOTS-certified cotton leggings and bras
- [Hempage](#) - Organic hemp and cotton blends gymwear

Natural Swimwear

It's hard to find truly plastic-free swimwear, but here are the best options:

- [Natasha Tonic](#) – Hemp swimwear blend, stylish and unique
- [Chosen Woven](#) – Minimalist, earth-toned merino swim sets
- [Public Myth](#) – Merino beachwear



Dilling – Merino long-sleeves and thermals perfect for active layering

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Be an aware customer.

*Don't let marketing campaigns or
buzzwords mislead you.*

*Always read the labels: look for the
material, transparent sourcing, and trusted
certifications.*

*Your awareness is your greatest form of
power.*

GYÖNGY WRIGHT

If this guide inspired you, continue your journey with me.

Follow @aureacurated on Instagram for educational posts, brand insights, and style inspiration.

Explore more on aureacurated.com, where I share research-based articles that expose hidden facts in the fashion industry and bring ancient knowledge back to life through natural fabrics.

Thank you!

About Auréa

Hi, I'm Gyöngy, a mother, researcher, and conscious living advocate. My journey into holistic wellness began when my child's health challenges reshaped how I saw everything around us. I realized that what we eat, wear, and bring into our homes doesn't just influence how we feel, it shapes our energy, vitality, and overall wellbeing.

Out of that realization, Auréa was born: a space devoted to exploring how natural mindful choices, and intentional living can elevate daily life. What started as a personal search for toxin-free, sustainable solutions became a mission to help others simplify wellness and reconnect with nature's intelligence.

Today, Auréa Curated celebrates high-quality, natural fabrics and high-frequency living guiding people toward healthier wardrobes, calmer homes, and grounded, energy-aligned lifestyles. I believe that conscious change begins with awareness: a single decision to live in harmony with our bodies, our environment, and our higher potential.

With warmth and purpose,

Gyöngy

