

yoga

JOURNAL

10 poses to
nourish
body & spirit

Surprising way
to build strength
>> slow down

Master the fine
art of balance

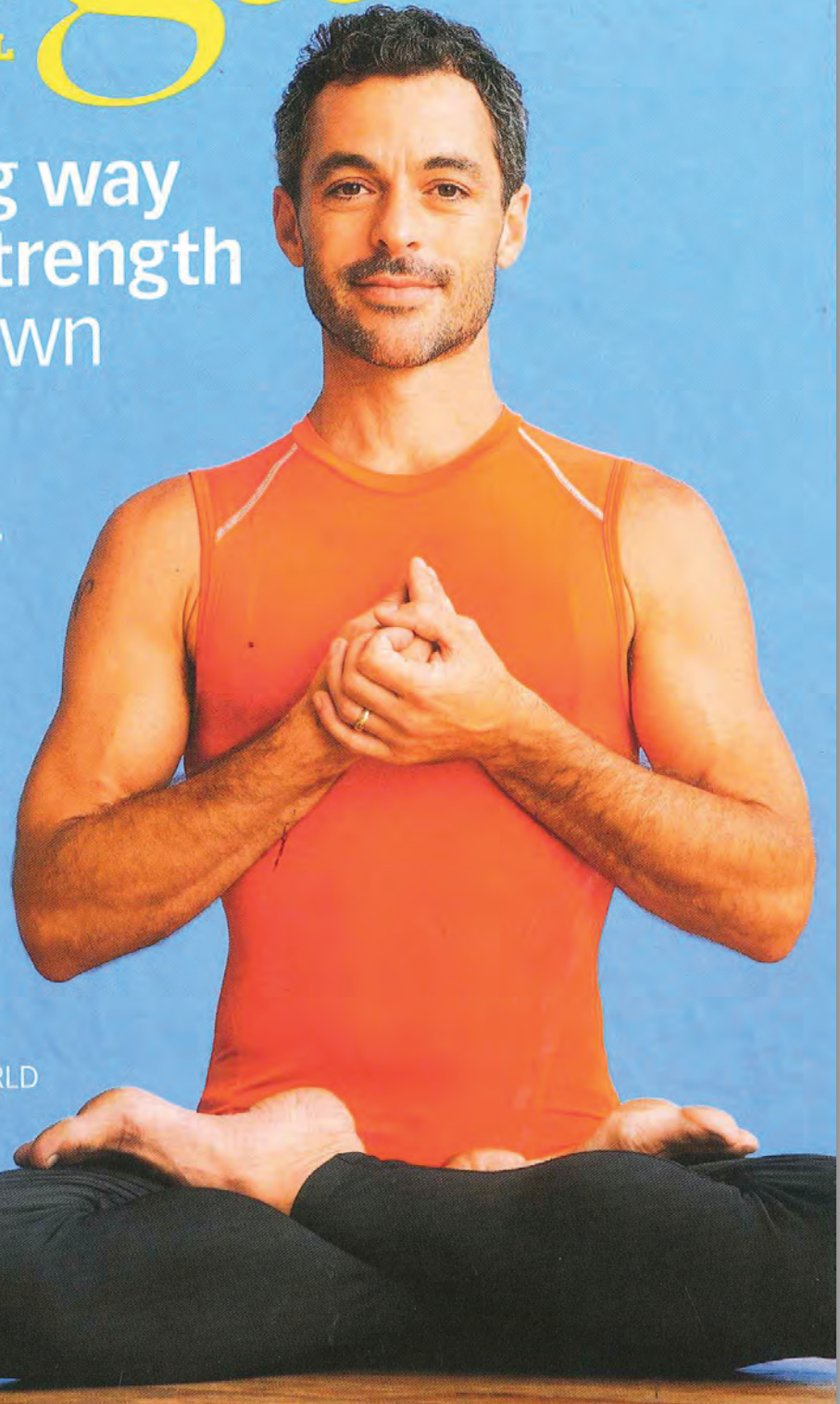
Develop greater
intelligence in
your practice

10 tasty tips
for a healthy
immune system

Pleasure as a
path to your Self



CHANGE YOUR DIET
>> CHANGE THE WORLD



HEALTH FITNESS FOOD MEDITATION HOME WORK NATURE RELATIONSHIPS SPIRITUALITY

MARCH 2011

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body & home

flower power

Soothe your skin and change your mood with these botanicals for bath and body.

Cleanse and rejuvenate your skin with **EO Products'** soothing Rose & Chamomile Renew Bath Salts (\$10.19 for 22 oz), with Himalayan pink salt, eoproducts.com. Or scent your bath with **Hugo Naturals'** Bath Bomb (\$4.99 each), with sea fennel blossoms and stress-reducing passionflower, hugonaturals.com. **Aura Cacia's Lavender Aromatherapy Body Wash (\$10.15 for 8 oz)** lets you unwind in the shower with the relaxing extracts of lavender and lemon balm, auracacia.com. Hydrate your skin with **Aubrey's** fresh-smelling Honeysuckle-CoQ10 Moisturizing Lotion (\$13.48 for 8 oz), aubrey-organics.com. Honor your body with **Bodhichitta Botanicals'** Nurture the Goddess Body Balm (\$27.99 for 8 oz), scented with lavender and geranium and ladies' mantle floral essence, bodhichittabotanicals.com.



HYDRATE To lock in moisture after bathing, towel dry lightly, then thoroughly coat your skin with lotion or body oil.

PHOTOS: CHRIS ANDRE; STYLIST: SHARON MALONEY/FOOD ARTISTS