

Natural Health

May 2008

NATURAL HEALTH

feel good | look good | do good

25 WAYS TO GET MORE ENERGY

- ▶ VITAMIN vitalizers
- ▶ STRESS reducers
- ▶ ALLERGY tamers
- ▶ HERBAL soothers

Ultimate Detox Supplement

10-MINUTE CONFIDENCE BOOSTERS

Green Expert
SARA SNOW's
41 Easy Eco Tips

plus:
RENEW YOUR SKIN WHILE YOU SLEEP

Edible Sunburn Protection

ECO-FRIENDLY SEAFOOD GUIDE (plus recipes)

All-Natural Kitty Litter

Flower Power Beauty Secrets

MAY 2008

DISPLAY UNTIL MAY 19

USA \$4.50 CANADA \$6.50



vital beauty

organic makeup



One of our favorite brands is going organic. Physicians Formula has a new line of mineral makeup certified organic by EcoCert, a European agency. It includes concealers, powders, bronzers, blush, and tinted moisturizers that come in recyclable packages. The jojoba, olive, and soybean oils and cornstarch used in the eight new products were produced without pesticides or chemical fertilizers. —Olessa Pindak

WIN FREE STUFF:
For a bronzy glow, enter to win one of one hundred Physicians Formula Organic Wear Bronzers. Log on to naturalhealthmag.com/pf for more information.

How can I treat rosacea naturally?

IF YOU SUFFER from mild rosacea (an inflammatory skin disorder that causes facial redness) and don't want to use strong prescription medications, we suggest you try some of these natural alternatives:

► **CLEANSE SKIN** with oat extracts or green tea, which has been shown to reduce redness and irritation. Clinique Redness Solutions Soothing Cleanser (\$20.50; clinique.com) contains oat.

► **SOFTEN ROUGH SPOTS** with pure jojoba, avocado, grapeseed, or primrose oil after cleansing. Or try Zia Deep Moisture Repair Serum (\$34; zianatural.com) with evening primrose or the anti-inflammatory Chinese jujube, in Wei East China Herbal Youth Recaptured Serum (\$55; weieast.com).

► **NEUTRALIZE REDNESS** with B. Kamins Bio-Maple Booster Blue Corrective Concealer (\$30; bkamins.com), which helps fight inflammation with green tea extract, vitamin B, oat, and maple sap.

► **FOR SERIOUS CASES** of rosacea, ask your dermatologist about a cream containing azelaic acid, which is found naturally in wheat, rye, and barley. —Emmy Favilla

LEARN MORE:
For more information about rosacea, go to naturalhealthmag.com/rosacea.

Saving Sandalwood

We love sandalwood oil—that woody, earthy smell found in soaps, scrubs, and perfumes—but our passion for it is causing formerly vast supplies of sandalwood trees to disappear in India and Nepal. The trees (which take several decades to produce oil and must be cut down to extract it) are now listed as a threatened species by The World Conservation Union.

Fortunately, several beauty companies are responding by using only trees cultivated or harvested in protection programs—which aim to replant enough trees to sustain the wild population. Check labels for sustainability information, or research a company's harvesting policy before you buy. In the meantime, here's what we recommend:

- **Aveda Damage Remedy Intensive Restructuring Treatment** (\$26; aveda.com)
- **Aura Cacia Precious Essentials Aromatherapy Soak in Purifying Sandalwood** (\$4; auracacia.com)
- **Sundari Gotu Kola and Indian Asparagus Mask** (\$90; sundari.com) —S.A.

