

NATURAL HEALTH

feel good | look good | do good

BEST HERBS FOR WOMEN

Combat fatigue, anxiety, cramps and more!

Make your walk a real WORKOUT

SHORTCUTS TO HEALTHY WEEKNIGHT DINNERS

Actress JENNIFER TAYLOR of *Two and a Half Men* shares her secrets to a stress-free day.

plus:
DRUG-FREE PAIN RELIEF

Almost Meatless Meals

THE BUDGET SUPERFOOD

Is Acupuncture Safe for Kids?

25 Best Natural BEAUTY BUYS

OCTOBER 2009

DISPLAY UNTIL OCTOBER 12
USA \$4.99 CANADA \$6.99



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THE 2009 NATURAL HEALTH BEAUTY AWARDS

Thousands of readers and a panel of dermatologists helped us select the 25 winners of our 5th Annual Beauty Awards.

WE HAVE BEEN TESTING BEAUTY PRODUCTS FOR five years now and we're thrilled to see an ever bigger selection of lotions and potions with natural ingredients. Plenty of small companies like The Healing Seed and Jane Iredale have been part of the avant garde of this movement, but larger companies like Olay, Aveeno, and Dove are adding more botanicals and reformulating to remove chemicals like sulfates and ammonia. This makes our job both easier (no shortage of products to test) and harder (picking a standout is tough). But with the help of 2,008 readers, who voted at *naturalhealthmag.com* for their favorite products, and a group of esteemed dermatologists, we selected 25 of the year's best.

By OLESSA PINDAK

Still life photography by ANTONIS ACHILLEOS

OUR EXPERTS

Sandy Sharon Tsao, M.D., associate program director for procedural dermatology, Harvard Medical School

Diane Madfes, M.D., clinical dermatology instructor at Mount Sinai Medical Center in New York City

Alan M. Dattner, M.D., a pioneer of holistic dermatology practicing in New York City and New Rochelle, N.Y.

body care

1. Body Moisturizer

WINNER AVALON ORGANICS GRAPEFRUIT & GERANIUM HAND & BODY LOTION (\$11.50; avalonorganics.com)

What we love The texture is not too thick or greasy, but it still deeply moisturizes. The grapefruit fragrance is subtle and even works as a mild perfume for daytime wear.

2. Body Wash

WINNER NATURE'S GATE POMEGRANATE SUNFLOWER VELVET MOISTURE BODY WASH (\$7.50; natures-gate.com)

What we love That it's chock-full of antioxidants. The pomegranate smell is refreshing and it leaves skin silky soft.

3. Body Scrub

WINNER AURA CACIA NOURISHING BODY POLISH (\$11; auracacia.com)

What we love We don't need to moisturize after using this scrub in the shower. The certified fair trade formula removes dull skin, restores vitality, and is available in lavender, patchouli/sweet orange, and ginger/mint aromatherapy blends.

4. Bar Soap

WINNER DOVE GO FRESH BURST BEAUTY BAR (\$3 for 2; drugstore.com)

What we love It keeps skin soft in the shower. We're happy to find a soap that leaves skin feeling both clean and super hydrated, with a refreshing scent.

5. Sun Care

WINNER JOHN MASTERS ORGANICS SPF 30 NATURAL MINERAL SUNSCREEN (\$32; johnmasters.com)

What we love That it neutralizes free radicals from the sun and hydrates skin. This physical sunblock goes on like a moisturizer—we love the way it spreads smoothly and leaves no white residue.

6. Self-Tanner

WINNER PUR MINERALS GET A LITTLE SELF-TANNING LOTION (\$21.50; purminerals.com)

What we love It gradually deepens skin tone while moisturizing. We look sun-kissed and the scent holds just a hint of tropical fruit.

7. Hand Cream

WINNER THE HEALING SEED VIRGIN ORGANIC HEMPSEED OIL HAND CREAM (\$11; healingseed.com)

What we love Their solar-powered lab and recyclable packaging. The lavender scent is incredible and with repeated use, skin is smoother and softer looking.



"The Healing Seed Virgin Organic Hempseed Oil Hand Cream is a pleasant, thin cream including fatty acids from hemp and grape seed."

—Alan M. Dattner, M.D.