

Whole Living

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A MARTHA STEWART PUBLICATION

**+ WINTER WELLNESS GUIDE** 25 SIMPLE STRATEGIES FOR STAYING WELL ALL YEAR  
TAKE THE PLUNGE: SCANDINAVIAN SECRETS FOR VIBRANT HEALTH AND GLOWING SKIN

# whole living

body + soul in balance

**GREEN YOUR HOLIDAYS!**

56 WAYS TO GIVE AND LIVE SMART THIS SEASON

cook's herb wreath: make it, pg. 12  
or buy one like it, pg. 32



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whole beauty NEWS

SKIN SOLUTIONS

# Precious Oils

It sounds counterintuitive, but using a facial oil in place of (or mixed with) your moisturizer can make your complexion look fresh and dewy, not greasy. "They help regulate oil production, making dry skin hydrated and oily skin balanced," says Sheila Brody, founder of the Green Spa in Brooklyn, New York. "Plus, incorporating them into your routine also offsets the overuse of harsher chemicals, like retinol and salicylic acid, and helps restore your skin's natural state."



**FOR LIPS**  
THE BODY SHOP  
100% NATURAL LIP  
ROLL-ON feels silky,  
not sticky, and keeps  
your smile nour-  
ished for hours. \$6,  
[thebodyshop.com](http://thebodyshop.com)



**FOR DRY SKIN**  
JURLIQUE SKIN BALANCING  
FACE OIL'S evening primrose  
and avocado oils make it deeply  
moisturizing—and it absorbs  
quickly. \$50, [jurlique.com](http://jurlique.com)



**FOR ALL SKIN TYPES**  
A careful blend of 11  
essential oils (includ-  
ing fragrant jasmine)  
make up RODIN OLIO  
LUSSO FACE OIL.  
\$140, [barneys.com](http://barneys.com)



**FOR OILY SKIN**  
Lotus, geranium, and hazelnut  
oils in CLARINS LOTUS FACE  
TREATMENT OIL reduce pore  
size and keep skin hydrated.  
\$50, [clarinsusa.com](http://clarinsusa.com)



**FOR ANTIAGING**  
The main ingredient in AURA  
CACIA RESTORING ROSEHIP  
OIL is full of wrinkle-fighting  
vitamin A. \$13, [auracacia.com](http://auracacia.com)

### HOT INGREDIENT CHIA SEEDS



Remember your Chia Pet? Turns out those funny little seeds are packed with skin-beautifying omega-3s and can help nourish, calm inflammation, fight sun damage, and build collagen, says Lisa Drayer R.D., author of *The Beauty Diet*.



**FIND CHIA IN:**  
ONE LOVE ORGANICS  
SKIN SAVIOR WATERLESS  
MULTI BALM, \$68, [oneloveorganics.com](http://oneloveorganics.com) and SUPER BY  
DR NICHOLAS PERRICONE  
O-MEGA OIL \$42, [getsuper.com](http://getsuper.com)