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VIBRANT HEALTH

BALANCED LIVING

natural SOLUTIONS

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Laura
Hillenbrand

THE AUTHOR OF SEABISCUIT AND
UNBROKEN SPEAKS OUT ABOUT
ME/CFS AND FIBROMYALGIA

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Supple Skin 101

Here are some natural picks to combat dryness and keep skin looking, and feeling, healthy and dewy.



FACE

SUMBODY DETOX CLEANSER

The natural charcoal and herbal extracts gently pull out toxins, helping to clear pores and ready the skin for nutrient absorption. \$26, 4 oz; sumbody.com

DERMA E HYALURONIC FACIAL MIST

The hyaluronic acid helps to plump skin and maintain its fluid content. Mist on after cleansing and before applying an oil-rich moisturizer or serum. \$14, 2 oz; dermae.net

EVANHEALY ROSEHIP TREATMENT FACIAL SERUM

Chock full of lighter oils, such as rose hip seed and carrot seed, this serum easily absorbs into the skin. You can follow with a thicker face cream, or even add to other products for an extra boost of moisture. \$25, 0.5 oz; evanhealy.com.



BODY

BERTS BEES MIRACLE SALVE

Rub this multi-tasking balm all over your body, paying extra attention to inflamed and chapped areas. \$7, 2 oz; burtsbees.com

HYLAND'S SKIN THERAPY OINTMENT

Calendula oil will help to soothe any inflammation, while grapeseed oil will quench the driest of body skin. \$8, 2.5 oz; hylands.com

MOROCCO METHOD APPLE CIDER VINEGAR SHAMPOO

Restore the PH balance of your skin and hair with this antioxidant-rich shampoo that also doubles as a body cleanser. \$17, 6.8 oz; jujuosalon.com

MOUNTAIN GIRL BOTANICS BEAR BOTTOM BAR SOAP

A hand-crafted bar made with only pure oils, organic floral extracts and herbs to gently cleanse inflamed, chapped and irritated skin. \$10, 5.25 oz; mountaingirlbotanics.com

LA ISHA ORANGE-COCONUT SKIN POLISH

This sugar-based scrub will slough off dead skin and impurities while the virgin coconut oil will seep into thirsty skin. \$50, 4 oz; la-isha.com

WOODSPRITE'S TEA TREE AND PEPPERMINT FOOT SCRUB

The black walnut shells scrub off rough calluses and dead, flaky skin, says Julie Ebner. \$13, 4 oz; woodspriteorganicbody.com



FOLLOW WITH

WOODSPRITE'S OVERNIGHT SENSATION ORGANIC SHEA FOOT BUTTER

This foot moisturizer is chock full of emollients: shea butter, cocoa butter, and avocado oils. \$14, 1.5 oz; woodspriteorganicbody.com

AURA CACIA FAIR TRADE CERTIFIED COCOA BUTTER

Pure, organic cocoa butter is known for its skin-softening and hydrating qualities. Can also be used for aromatherapy. \$8, 4 oz; auracacia.com

BADGER BALM UNSCENTED ANTIOXIDANT BODY OIL

Certified organic jojoba, olive, and pomegranate oils hydrate the skin and help reduce the appearance of wrinkles, stretch marks, and fine lines. \$19, 4 oz; badgerbalm.com

LIVING NATURE MANUKA NOURISHING HAND & BODY CREAM

Give thirsty skin a nourishing drink with this moisturizing power blend of Manuka honey, avocado oil, and macadamia oil. \$41, 6.8 oz; livingnature.com

1 in 35

The number of people in the United States that suffer from dry skin.



MORE ONLINE!

For more information on fighting off dry skin, visit naturalsolutionsmag.com and type "Fabulous Skin" in the search bar.