

A MARTHA STEWART PUBLICATION

+ LOOK AT YOU GLOW! HEALTHY TRICKS FOR RADIANT SKIN
NATURAL FERTILITY CURES FROM NEEDLES TO HERBS: WHAT SHOULD YOU TRUST?

whole living

body + soul in balance

You, in bloom:
5 steps to
flourish in life
and love
P. 98

the inspiration issue

DREAM IT, DO IT!

32 WAYS TO TAP
YOUR CREATIVITY,
FIND YOUR CALLING,
AND WRITE YOUR
NEXT CHAPTER

Spark new ideas
anytime, anywhere
(science says it
really works!)
P. 118

Get the career
you deserve—
no job-quitting
required
P. 104

product guide

LET IT SHINE beauty routine, p. 112
With the right products and smart skin care strategies, your inner light will come through.

FACE ILLUMINATORS
Simple glow enhancers

EXFOLIATE
Dr. Dennis Gross Skincare Alpha Beta Glow Pad, \$32, drgskincare.com

NOURISH
Avalon Organics Moisture Plus lotion SPF 15, \$17, avalonorganics.com

BRONZE
Physician's Formula Glow-Boosting Sun Stones, \$15, drugstore.com

BODY BRIGHTENERS
A three-step routine

SCRUB
Australian Organics Moisture Refresh Exfoliating body scrub, \$10, walgreens.com

SOAK
Aura Cacia Energize Aromatherapy body oil, \$8.25, auracacia.com

HYDRATE
Olay Total Effects Advanced Anti-Aging body lotion, \$7.80, pgstore.com

Items pictured but not listed are from private collections.

14 OPENINGS

Trovata Amallie shirt in plaid, \$166, at Barney's, 888-222-7639. Stewart & Brown striped racer tank in blue, \$78, stewartbrown.com. Lulu Designs Thai silver nuggets with apatite and vermeil, \$145, and Thai silver nuggets with 14k crescent, sapphires, and turquoise, \$445, at Dovecote, 203-222-7714.

60 WHOLE HEALTH NEWS

Alo cut-out active tank in Pink Lady, \$48, alosport.com. The North Face Tadasana VPR capri in gray, \$55, thenorthface.com.

104 CAREER TRANSFORMATIONS

On Sarah: White House/Black Market appliqué cardigan in Raspberry, \$88, 877-948-2525 for stores; Feingold Jewelry Drop earrings, \$60, Lucky necklace, \$72, and Winding ring, \$84, feingoldjewelry.etsy.com. On Phuong: H&M blouse #631850, \$30, hm.com/us for stores; Raquelle Bianco earrings, \$110, and bracelet, \$550, lavianojewelers.com; Carol Lux large nugget collar necklace, \$95, carolee.com; Breil Milano Globe collection watch #TW0782, \$200, watchwear.com. On Saudia: Kenneth Cole roused blazer, \$129, kennethcole.com for stores, and striped tank with rings, \$59, nordstrom.com for stores; Raquelle Bianco bracelet, \$329, lavianojewelers.com; Breil Manta collection watch #TW0571, \$425, watchwear.com.

112 LET IT SHINE

Bobo tonal stripe pocket tank, \$44, cautula.com. DKNY Smoothies camisole in Sugar-Free, \$18, bloomingdales.com. Hyde Yoga capri leggings in khaki, \$65, yogahyde.com.

CORRECTIONS

The photograph on page 33 of the March issue is by William Abranaowicz.

The dancers featured in "Lighten Up" (March, p. 80) are company members of Graham II.

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