

body + soul

June 2010

GUILT-FREE PASTA
THE NUTRITIOUS WAY
TO GET YOUR FIX

COULD YOU HAVE IBS?
HOW TO COPE IF
THE ANSWER IS YES

8 UPPER-BODY MOVES
THAT WILL TAKE
YOU BEYOND BUFF

GROW YOUR OWN:
CREATE AN
EDIBLE GARDEN

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WHOLE LIVING

A MARTHA STEWART PUBLICATION

**HEALTHY
FOR LIFE!**

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**WAYS TO
TAKE CHARGE
OF YOUR
WELL-BEING**

**BETTER THAN
THERAPY**
THE BENEFITS OF
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**CLEAR
SKIN NOW**
Your full-body
guide to a
healthy glow

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**TURN HERE FOR
OUR BIG NEWS!**



JUNE 2010

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whole beauty REPORT



WHAT OUR PANEL RECOMMENDS ...

FOR THE BODY

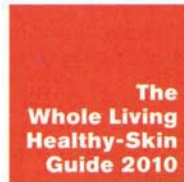
The skin below your neck deserves the same TLC as your face. Our experts and readers chose these go-to products, which feature bonuses like organic ingredients and natural sunscreen.



BODY WASH
Eucerin
Calming Body Wash contains omega-3 fatty acids from soybean oil and a mild cleanser. "I find it soothing, and it's helped many of my patients control their irritable, inflamed skin," Treloar says. \$8; drugstore.com



MOISTURIZER
Aura Cacia Organics Sweet Almond Skin Care Oil is a multitasker. "This works on body and face—even as an eye-makeup remover—and gives skin a healthy glow," Blades says. It's certified USDA organic. \$14; auracacia.com



SUNSCREEN
Soléo Organics All Natural Sunscreen "blends into the skin well and leaves it moisturized without feeling greasy or making you look chalky," Blades says. With SPF 30 from skin-soothing zinc, it has no synthetic preservatives or chemical sunscreens. \$20; soleousa.com for stores



SCRUB
Fresh Brown Sugar Body Polish is a luxurious formula that's moisturizing but not oily, made with brown sugar crystals that help hydrate and nourish skin while buffing away dead cells. "It gently exfoliates dry patches while depositing emollient oils, which leave skin feeling clean, soft, and moisturized. And it smells great," Berson says. \$65; fresh.com

BAR SOAP
Dove Sensitive Skin Unscented Beauty Bar is "the ultimate in gentle cleansing for the body," Cook-Bolden says. The moisturizing formula, made with one-fourth cream, has garnered a following, and the unscented version takes it up a notch on the skin-friendly scale. "It's a great choice for my patients with even the most dry or sensitive skin." \$12 for 8; drugstore.com



READERS' PICK, MOISTURIZER
Aubrey Organics Rosa Mosqueta Luxurious Moisturizing Lotion contains hydrating rose-seed oil, which improves skin's elasticity. It's paraben-free (with a natural preservative) and "immediately relieves my dry skin, but isn't heavy," says reader Mindy Cockrell from Richland, WA. \$13; aubrey-organics.com