

Whole Living

August 2011

A MARTHA STEWART PUBLICATION

**+ EFFORTLESS SUMMER BEAUTY** ALL-NATURAL PROTECTION FOR SKIN AND HAIR  
DRINK TO YOUR HEALTH: DELICIOUS SUMMER MOCKTAILS WITH ANTIOXIDANT POWER!

# whole living

body+soul in balance



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WHAT YOU NEED TO KNOW  
TO SAVE ENERGY—AND MONEY

Zucchini "Pasta"  
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pg. 101

AUGUST 2011  
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**ACNE BREAKOUTS**

Complexion woes are more common in the summer. It's no surprise: The mix of warm, moist air with oil, sweat, and sunscreen provides an ideal breeding ground for the bacteria that causes acne.

**Prevent it** "Change your pillowcase often, wipe down your cellphone, and keep your hands away from your face," suggests Michelle Hummel, spa manager at Equinox South Bay in Hawthorne, California. And fight acne from the inside out by watching your intake of cheese and milk; some studies have linked dairy to breakouts. **Treat it** Dab a drop of Brazil nut oil on the blemish. It might sound counterintuitive to use oil on a pimple, but this one is rich in the minerals selenium and zinc. Together, their antibacterial and anti-inflammatory properties can help heal existing zits, prevent new ones, and reduce any irritation or redness.

**SCRAPES AND SCRATCHES**

Gardening, hiking, or biking inevitably lead to scrapes, scratches, cuts, and skinned knees.

**Prevent them** Don't! Short of staying indoors all season, there's no way to avoid getting banged up. Wear your wounds as a summertime badge of honor. **Treat them** Pull a leaf off an aloe plant, dab the gel directly on the wound, and cover with a gauze bandage. Repeat twice a day. "Aloe reduces inflammation and swelling, and it activates immune cells that fight bacterial infections," Bank says. However, he cautions, a deep cut requires medical attention.

**FRIZZ**

Even the straightest hair can puff up with enough humidity. Your hair absorbs the excess moisture in the air, leading to that Albert Einstein look.

**Prevent it** It helps to keep your hair well hydrated, as unlikely as that seems. Limit your exposure to drying agents—the blow-dryer, flat iron, and curling iron—and don't shampoo every day. "The less you strip your hair of its natural oils, the less frizzy it will get," says Julie Ebner, owner of Juju Salon & Organics in Philadelphia. **Treat it** Fill a spray bottle with distilled water and a few drops each of hair-calming grapeseed and lavender oils. Spritz the mixture on your palms, then run hands over your hair, smoothing it and calming frizz instantly.

**SUMMER'S LITTLE BEAUTY HELPERS**

Some of the season's hottest products contain the soothing natural ingredients featured in home cures.



**SKIN**

**1 Soak in a tub filled with Aura Cacia Soothing Organic Milk & Oat Bath.** The milk extracts will help reduce inflammation, while oatmeal naturally moisturizes sun-parched skin. \$3.30, [auracacia.com](http://auracacia.com)

**2 Dickinson's Original Witch Hazel Pore Perfecting Toner** will calm post-shave or post-waxing redness. \$4, [drugstore.com](http://drugstore.com)

**3 Alba Hydrating Oil Control Moisturizer** is a gentle way to keep skin hydrated without making it greasy—plus it contains Brazil nut oil to help keep breakouts away. \$23, [albabotanica.com](http://albabotanica.com)

**4** If you don't have an aloe plant handy, reach for **Cuticura Medicated Ointment**. It contains the soothing ingredient to help cuts heal. \$6.50, [cuticura.com](http://cuticura.com)

**HAIR**

**5 Philip B. Anti-Frizz Formula 57** Natural lavender and jojoba extracts add just the right amount of moisture to soothe frizz without weighing down hair. \$35, [philipb.com](http://philipb.com)

**6** Spritz hair with **Shiseido Refreshing Sun Protection Spray SPF 16** before you head outdoors to keep hair—and scalp—safe in the sun. \$28, [sephora.com](http://sephora.com)

**SUN-DAMAGED HAIR**

Just like skin, hair can suffer from overexposure to UV rays, which turn it dry and prone to breakage. **Prevent it** Mix three tablespoons of jojoba oil with three drops each of macadamia nut and hemp seed oil and slather your hair before you go outside. The oils condition locks so they don't dry. Top it all off with a big hat to shield hair from UV rays. **Treat it** "Olive oil is a great moisturizer for dry hair," Ebner says. After a long day spent outside, rejuvenate sun-scorched strands with this recipe: Mix a tablespoon of olive oil with three drops of rosemary oil and one drop of jasmine oil. Work the mixture thoroughly through hair, leave in for one hour, then wash out. +



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whole health REPORT

DEET

With all the benefits of picaridin, why would you ever go with DEET? Well, thanks to extended-release formulations, it's still the longest-lasting repellent on the market, so it's ideal for daylong hikes or camping. Even the products with the highest percentage of picaridin last only eight hours, whereas a one-time application of 33 percent DEET extended-duration formula will last up to 12. A second reason? Ticks. “The CDC recommends only one repellent for ticks, and that's DEET,” says Zielinski-Gutierrez. But DEET is not without its critics. Since its creation by the U.S. Army and approval for public use in 1957, DEET has been shown to produce skin irritation in enlistees who wore it while sleeping. In children, its possible toxicity is more worrisome: A handful of studies have shown that it might increase the risk of seizures and cause neurological symptoms (lethargy, disorientation) in a very small percentage of users. Despite concerns, however, the American Academy of Pediatrics approves products with up to 30 percent DEET for children older than 2 months, and many experts maintain that DEET is a smart choice when insect-biting pressure is high.

**Try** For mosquitoes, products containing 15 to 30 percent DEET; for ticks, at least 20 percent. Unless you're an outdoor worker, you won't need more than 30 percent, says Zielinski-Gutierrez, despite the fact that some sprays contain 100 percent. “The percentage has more to do with how long the product lasts, not how effective it is,” she explains. Do the math, and save yourself some chemical exposure.

YOUR OUTDOOR ARSENAL

Look for these sprays and solutions to stay bug-free in every summer situation.



LEVEL 1

BUG BUSTER LAVENDER AND GERANIUM OILS

- 1 Lavender Essential Oil (\$11, [auracacia.com](#))
- 2 Geranium Essential Oil (\$17, [auracacia.com](#))

BUG BUSTER CITRONELLA OIL

- 3 All Terrain Herbal Armor (\$8.50, [allterrainco.com](#))
- 4 Buzz Away Extreme (\$10, [quantumhealth.com](#))



LEVEL 2

BUG BUSTER IR3535

- 1 Avon Skin So Soft Bug Guard Plus Expedition (\$14, [avon.com](#))
- 2 Coleman SkinSmart (\$6, [colemanrepellents.com](#))

BUG BUSTER SOYBEAN OIL

- 3 Bite Blocker Xtreme (\$8, [homs.com](#))
- 4 Badger Anti-Bug Shake and Spray (\$12, [badgerbalm.com](#))

BUG BUSTER LEMON EUCALYPTUS OIL (PMD)

- 5 Repel Lemon Eucalyptus (\$5, [rei.com](#))

BUG BUSTER 2-UNDECANONE

- 6 BioUD Insect Repellent (\$9, [homs.com](#))



LEVEL 3

BUG BUSTER PICARIDIN

- 1 Natrapel 8-hour (20 percent picaridin; \$6, [natrapel.com](#))
- 2 Cutter Skinsations Ultra Light (15 percent picaridin; \$7.50, [rei.com](#))

BUG BUSTER DEET

- 3 Off Family Care Smooth & Dry (15 percent DEET; \$4, at drugstores)
- 4 Sawyer Family Controlled Release Repellent (20 percent DEET; \$9.50, [rei.com](#))



Get healing tips at [wholeliving.com/bite-care](#)