

Natural Health

September 2008

NATURAL HEALTH

feel good | look good | do good

WEEKEND SKIN DETOX

LOOK RADIANT ON
MONDAY WITH OUR
ALL-NATURAL PLAN

10 FOODS TO
TAME STRESS
{recipes included}

5 TOTALLY
ENERGIZING
YOGA
POSES

Discover the secret
to *NH* reader
Amanda Montoya's
fresh, glowing
complexion.

plus:

BOOST YOUR
BRAINPOWER

PIZZA:
THE NEW
HEALTH FOOD

THE BEST
DIABETES
DEFENSE

SEPTEMBER 2008

DISPLAY UNTIL SEPTEMBER 15

USA \$4.50 CANADA \$6.50



3 Life-Changing Health Makeovers

Refresh your complexion in just 3 days with our whole-body cleanse.

Easy Weekend Skin Detox

YOU CAN IMPROVE YOUR SKIN with a simple weekend detox—and it doesn't involve fasting, purging, or a complete rearrangement of your life. There are easier, quicker and easy methods like massages and facials that flush out toxins and toxins. Follow our step-by-step routine and wake up Monday morning with a fresh, radiant complexion.

day 1 evening

Clear the clutter. Simply straighten up the junk on your coffee table or along a shelf of beauty will prepare you for the inner cleansing to come.

Stock the fridge. Storing your weekend detox, you need to fill your body with healthy foods such as fresh fruits (blueberries, apples, and grapes) and vegetables (leafy greens, sprouts, and sweet potatoes)—their antioxidants help repair and prevent damage to your skin—and lean proteins (chicken, turkey, and fish), whole grains, and all refined and processed foods.

Purge your products. When you clean up the last thing you want to do is clutter on a surface of perfume and cosmetics. The same goes for a detox. To give your skin time to rebalance, get away everything except your cleanser, oil, lotion, and night cream.

By MICHAEL P. HULL
Photography by MICHAEL HANCOCK



begin
Your skin only looks as good as your body feels. Slow down your routine, relax, and recharge for your best skin ever.

day 2



morning

Drink warm tea. Look for blends that include nettle, ginger, or burdock, dandelion, or sarsaparilla root—herbs and flowers known to calm inflammation and improve liver and kidney function. "These teas help eliminate puffiness around the eyes and decongest your skin," says Tierney P. Salter, a medical herbalist. If you need a caffeine hit, try green tea: It has less of the stimulant and lots of antioxidants.

<Try: **Yogi Tea DeTox** (\$5.50; herbalremedies.com), or see our Detox Tea Recipe, page 86, for your own cleansing brew.

afternoon

Give yourself a massage. "Encourage the elimination of waste by manually moving lymph through the lymphatic system," says Kristine Kaove-ril Weber, author of *Healing Self-Massage* (Collins & Brown, 2005). Concentrate on massaging the neck, armpits, stomach, groin, and behind the knees—areas where there are a lot of lymph nodes.

>Try: **Aura Cacia Soothing Heat Aromatherapy Body Oil** (\$12.50; auracacia.com), a body oil that contains detoxifying herbs like juniper and dandelion root. Or, try **The Organic Pharmacy De-tox Cellulite Body Oil** (\$58; theorganicpharmacy.com) with essential oils of juniper, rosemary, grapefruit, and fennel. For a simple five-minute self-massage, see page 86.



evening

Fake a facial at home. Pour hot water into a small bowl and add a few drops of a citrus essential oil. Soak a hand towel in the water, then wring out and drape over your face. Lie down for ten minutes and let the steam open your pores, prepping your skin for the detoxifying mask that follows. Look for masks made with clay, which absorbs excess oil and pulls toxins and impurities out, while adding in necessary minerals.

<Try: **Yes to Carrots C the Difference Exfoliating and Soothing Mud Mask** (\$15; yes-to-carrots.com) that deep cleans pores and is enriched with carrot seed oil. Or try **Derma E Cleansing Enzyme Mask** (\$14; dermae.net), a deep cleansing mask that combines Dead Sea salts with sea kelp, green tea, and bentonite and kaolin clays to remove impurities.