

Whole Living

October 2010

A MARTHA STEWART PUBLICATION

whole living

body + soul in balance

**STRESS-FREE
SIMPLICITY**

CREATE OUTER
ORDER AND
INNER CALM



BREAK THE TAKEOUT HABIT
QUICK, EASY RECIPES THAT
ARE BETTER FOR YOUR BODY

OCTOBER 2010
wholeliving.com

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whole beauty NEWS

►► BUY OR DIY

BATH SALTS

Whether you buy your own or use a recipe (like this one from Bettijo Hirschi, founder of Bath By Bettijo), keep your step to 10 minutes or less. When you step out, pat your skin dry and apply a thick moisturizer or body oil to seal the water into your skin.



BUY

Aura Cacia Peppermint Harvest Aromatherapy Mineral Bath, \$3; auracacia.com; 100% Pure Organic Eucalyptus Sea Therapy Bath, \$19; 100percentpure.com; One Natural I Need This! Bath Fizzer, \$6; onebathandbody.com; Joyful Bath Co. Citrus Buzz Refreshing Bath Salts, \$5; joyfulbathco.com

DIY

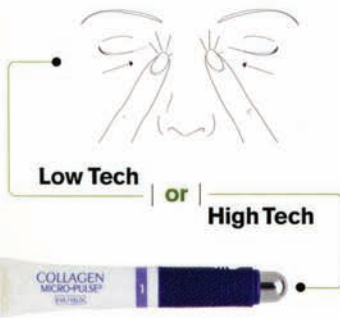
- 4 cups sea salt
 - 1 cup Epsom salts
 - 1 cup baking soda
 - ¼ cup dried rose, calendula, or citrus rinds
 - ¼ tsp. bergamot or grapefruit essential oil
- 1 Combine salt and baking soda.
 - 2 Mix 1 cup of dry mixture with essential oil.
 - 3 Add it to rest and mix.
 - 4 Add petals or citrus.

DECODER

CARRIER OILS

A skin-lubricating natural oil, carrier oils are cold-pressed from seeds. When they're scented with an essential oil or dried herb, they carry the properties of that ingredient to your skin. Alone, these skin softeners can be used all over the body to lock in moisture.

- Sunflower** Contains vitamin E and has a light, nonsticky feel.
- Grapeseed** Perfect for oily skin because it's not greasy.
- Olive** Best for dry, itchy skin.



Low Tech | or | High Tech

An old facialists' trick: To depuff under the eyes, apply pressure to the sides of the nose. Now L'Oréal Collagen Micro-Pulse Eye (\$20; drugstore.com) one-ups the technique with a vibrating wand that massages eye cream for the same effect.



SEASONAL SKIN

ASK BARBARA CLOSE

Expert advice from the founder of Naturopathica—a natural skin-care company and spa based in East Hampton, NY, and author of several books, including *Pure Skin: Organic Beauty Basics* and *Well Being*.

Q How should I change my skin care for fall?

A During the summer, people pile on products and sunscreen, so by fall your skin is usually ready for a detox. Over the past few months, you've been exposed to ultraviolet light (the No. 1 cause of skin damage), which is drying and triggers an inflammatory response in the skin. So as we move into fall, it's important to hydrate and to restore. Everything in nature turns inward at this time—the trees lose their leaves, animals gather food, and we move indoors, making it a natural time to rebuild the skin.

The first step is exfoliation, to slough off that dull layer of skin cells and even out skin tone. I like fruit enzyme masks applied in a warm shower because the steam helps them penetrate. After removing the mask, apply a rich moisturizer. Look for an active ingredient that treats whatever skin issue you're trying to combat—dryness (hyaluronic acid), pigmentation (licorice root), or irritation (oat beta-glucan).

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photographs clockwise from top: Raymond Horn, prop styling by Pam Morris; Raymond Horn, prop styling by Julie Ho; provided by Barbara Close; Raymond Horn (2); illustration by Jessica Schrader