

FOOD / BEAUTY / HOME / TRAVEL / DIY / FUN

# Naturally,

WHERE STYLE MEETS SUSTAINABILITY

DANNY SEO

*World of wonders!*

164+

ways to live  
brighter  
& lighter

EXCLUSIVE

INSIDE KERRY  
WASHINGTON'S  
HAPPY PLACE!

*pin this:*

one-pot chili p. 34

cauliflower popovers p. 48

yess! maple glazed everything p. 94

**SEX, DRUGS & TOFU?**

INSIDE THE \$141 BILLION  
NATURAL PRODUCTS INDUSTRY page 86

\$9.95US \$10.95CAN



DISPLAY UNTIL DECEMBER 4, 2017

FALL 2017

www.naturallydannyyseo.com



## POWDERY PERFECTION

At the destination health spa Rancho La Puerta in Mexico, they offer nutritious flax and chia seeds with a twist—they pulverize them. Executive Chef Denise Roa goes the extra mile so “your body can better absorb the nutrients,” which include omega-3 fatty acids and phytochemicals. To make your own ground-up goodness at home, Roa suggests using a clean coffee grinder to pulverize the seeds.



## SUPER SPF

When efficacy and environment meet, you have you have Karyng by Dr. Karen Grossman's complete broad spectrum SPF50 formulation. This little beauty is a moisturizer, tinted primer, and powerful SPF shield that's recognized by the strict Environmental Working Group as a low-hazard skin care product.

**\$75; karyng.com**

## the list:

FIVE OTHER THINGS I'M OBSESSED WITH

**1.**

**MEGAFOOD  
DAILY ENERGY  
NUTRIENT  
BOOSTER  
POWDER.**

Toss a little in your morning smoothie and reap the natural mental clarity and energy boost from green tea, beets and ashwagandha (one of the most powerful herbs in Ayurvedic healing).

**2.**

**STONYFIELD  
ORGANIC  
DOUBLE CREAM  
YOGURT.**

O. M. G. Instead of sour cream or mayo, a spoonful of this plain, double yummy yogurt does the trick. You can also use it to replace butter or oil when baking for the softest, moistest baked treats.

**3.**

**WILSONART  
TRACELESS  
LAMINATE.**

Wilsonart laminate surfaces are durable, beautiful and eco-friendly. And now the company offers a new high-tech collection, called Traceless, that resists smudges, streaks and, yes, fingerprints. It's the perfect surface for your home's high-traffic areas.

**4.**

**MOVADO  
HERITAGE  
SERIES.**

With its handsome, cognac-colored strap, this classic, timeless watch is my new, go-to timepiece. Want to see what it looks like? I'll be wearing it during Season Two of "Naturally, Danny Seo" on NBC!

**5.**

**TABLETPLUS  
HOTEL  
MEMBERSHIP.**

I pay \$99 a year for an upgraded TabletPlus experience on TabletHotels.com. As a Plus member, my room reservations include perks such as early or late checkout, free valet parking, room upgrades and more. One booking brings in about \$200 of free goodies, so the membership pays for itself on your first reservation.