

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

yesss! 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.