

Health, Wellness & Modern Green Living

organic spa
MAGAZINE

SKIN CARE GUIDE

1120+

Organic & Natural
Skin Care, Hair Care
& Makeup Brands

An Interview with
REESE WITHERSPOON

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BEAUTIFUL BODY OILS

Yonka Huile Silhouette

Dry oils are hot because they offer the best of both worlds: great hydration, without any greasy residue. Just apply and it asorbs and and dries! Yonka Huile Silhouette, with pink pepper oil (reduces the appearance of cellulite), sunflower, sesame and baobab oils, will nourish and regenerate the skin. shop.yonkausa.com

Kindred 2018 La Femme Body Oil

Founder Frances Thrasher has created a range of beautiful oils, including the Body Oil, with a palette of yummy nourishing oils like almond, coconut, clary sage, rose geranium and mongongo. This limited release has ingredients that overlap, with the addition of a light floral note, and a bit of mineral powder to add all-over subtle shimmer.

And, with the sale of every La Femme product, Kindred Skincare Co. will donate a percentage of profits to the Coalition Against Trafficking in Women (CATW), the world's first organization to fight human trafficking internationally. kindredskincareco.com



La Puerta Core Essentials

After leading the way for over 75 years as the first and still one of the premiere wellness spas in North America, Rancho La Puerta has just launched La Puerta Core Essentials, its own lovely line of beauty and personal-care products.

Inspired by the organic gardens and beautiful wild botanicals that grow on the property, La Puerta Core Essentials—organic face and body oils, masks, creams, bath salts and more, for face, hair, body and sun care—are just what we all need: pure plant medicine, aromatherapy and holistic herbal healing that are simple and effective, and a pleasure to use. And the extra added benefit? You get to take a bit of the Ranch home with you. rancholapuerta.com

Red Flower Blend-In Scrubs

With the new Red Flower Blend-In Scrubs, you can use the Isla das Rocas Revitalizing Sea Salt, from the south Atlantic coastline, as a base to blend in a few drops of the new aromatic aloe concentrate, a blend of aloe, algae and aromatic oils. Now you can choose how much—or how little—you want, and totally customize your experience: You can also use it as a dry scrub and apply the aloe blend after, which is especially great for the summer.

“Initially designed as a multipurpose, fresh-to-the-moment scrub by blending the aromatic aloe concentrate into the sea salt before each use and then applying the mixture, I’ve found it’s truly customizable for your skin’s needs,” says Red Flower founder Yael Alkalay. “I personally like to separate the exfoliation process in two steps with the sea salt first blended over the body with a little warm water, which really stimulates blood flow and circulation, and then I apply the aloe concentrate blend directly to the skin afterward for an energized glow.” Available in three delicious scents: Icelandic Moonflower, Spanish Gardenia and French Lavender. redflower.com

Calming Citrus Pedicure

Summer and early fall are the seasons of citrus—lemonade, frozen lime pops—and zingy citrus pedicures. At the Sweet Lily Natural Nail Spa & Boutique in lower Manhattan, you can sink back into an overstuffed chintz chair and soak your tired feet in gorgeous rounds of pink grapefruit (natural exfoliant), ginger (an anti-inflammatory) and magnesium mineral salts (great for calming the nervous system and boosting the mood).

The experts at this warm and welcoming shabby chic-style bastion of comfort will file and buff nails, condition cuticles, and exfoliate with a freshly grated ginger-root scrub. Finish with a deeply relaxing foot and leg massage, and perfect polish. Ahhh! **Try:** Sweet Lily Hand and Foot Scrub, with essential oils of lavender, peppermint and vanilla. sweetlilyspa.com

Hands On

The hands deserve a lot more love and respect than they usually get

By **Rona Berg**

Photography by **David Taylor**



Aristotle called the hands “divine tools,” and they are a masterful feat of engineering. Think about all the muscles, nerves, tendons, veins and arteries, packed into an impossibly small space, and covered with a glove of skin, fat and sweat glands.

Each hand has 19 muscles to control movement, along with 27 bones to give it some structure. Touch receptors in the fingertips transmit sensations of pleasure and pain to the brain and the lubrication provided by sweat improves our sense of touch. In spite of their brilliant design and exquisite efficiency, the hands are not a high biological priority, relative to the rest of the body. In cold weather, for example, the blood flows away from the hands in order to feed the vital organs.

The hands are also naked, most of the time. Exposed to sun, wind, dirt and hot water (the average American woman washes her hands five times a day), it’s no wonder they become dry, rough, calloused and spotted with age. Hands may just be the hardest-working part of the body. And if they are decorated with nail polish and paint, chances are, they are absorbing harsh chemicals. Look for polishes that are 5-, 7-, 8-, 9- or 12-free, which means the harshest ones have been removed.

Here are some gentle but effective products that will help keep hands soft, supple and smooth to the touch.

Maapilim Hand Cream

maapilim.com

sans [ceuticals] Baobab Body + Hand Repair Cream

sansceuticals.com

L:A Bruket Handcreme

labruket-usa.com

Erbaviva Hand Cream

erbaviva.com

Kreyol Essence Mango, Papaya & Coconut

Rhum Punch Hand & Body Creme

kreyolessence.com

La Puerta Core Essentials Hand & Body

Lotion Lavender Sage

rancholapuerta.com

Priti NYC, pritinyc.com

Spa Ritual, sparitual.com

Honeybee Gardens, honeybeegardens.com

EO Lavender Hand Sanitizer, thrivemarket.com

Dr. Bronner’s Organic Natural Hand Sanitizer, drbronner.com

Jao Refresher Not Just For Hands Sanitizer, credobeautey.com

Getting Handy

Most of us take pretty good care of our skin from the chin up, but give less care to the hands—and it shows. Invest a little time in a skincare regimen for the hands, and it will make a lot of difference in how they look.

1. Cleanse and exfoliate. Wash with a gentle castile soap or hand wash and lightly exfoliate, once or twice a week, with an oatmeal- or clay-based soap. See my recipe, “The Citrus Slough,” below, to whip up an easy scrub for hands (and feet).

2. Moisturize. Apply hand or body cream twice a day, and always after doing dishes. In fact, keep a hand cream by the kitchen sink so that it becomes a visual reminder.

3. Use sunscreen. After you apply sunscreen to your face, neck and décolleté, make sure to wipe the leftover on the backs of your hands. It will help prevent age spots, over 90 percent of the time.

4. Protect your hands. Wear gloves when you clean with harsh detergents or work in the garden, to protect your hands from drying out.

The Citrus Slough

1/2 cup kosher or sea salt

Juice of 1/2 lemon

1-2 teaspoons olive oil

Mix all ingredients together. Massage into hands (and feet). Rinse with warm water. Pat dry. Moisturize.

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