

The page features several botanical illustrations. In the top right corner, there are almonds on a branch with leaves. On the left side, there are citrus fruits, possibly lemons or oranges, on a branch. In the bottom right corner, there is a detailed illustration of a flower, possibly a geranium, with multiple petals and leaves. The background is a solid yellow color.

# The Beauty 100

**W**elcome to *The Beauty 100*, a collection of good-for-your-skin products that have been organized into 10 specific categories for face and body. We've rounded up the most nourishing and gentle products full of natural and organic goodness (and minus the harsh chemicals) for a radiant you. We all know that our skin is our largest organ, and yet we still continue to pay little if any attention to what we rub onto our skin. We eat organically, we drink organically, we clean our homes and feed our pets organically — and then we thoughtlessly coat ourselves with chemicals, as if they don't seep in. They do! Over the years, I've tested thousands of products and have judged numerous healthy beauty awards, and I cannot stress enough the importance of reading your labels. If you're curious and serious about learning what goes into your products, check out the Environmental Working Group's (EWG) Skin Deep Cosmetics Database, created by EWG and the Campaign for Safe Cosmetics. You'll find more than 60,000 products reviewed ([ewg.org](http://ewg.org)) that have been analyzed for safety. In the meantime, enjoy this special collection of personal-care products. —**MARY BEMIS**

In partnership with  
INSIDER'S GUIDE TO  
**SPAS**

ARTWORK BY  
**KEARA MCGRAW**

# If you wouldn't eat it, why would you slather it on?

AND OTHER FUNDAMENTAL QUESTIONS FOR TENDING YOUR BODY'S LARGEST ORGAN.

BY MARK WUTTKE

Once you realize that your skin really is your body's largest organ, it becomes easy to understand the desire for natural, organic, and unprocessed skincare products. Just as “we are what we eat,” we are what we slather on ourselves. Before you apply your next coat of sunscreen, pause a moment to let that idea sink in.

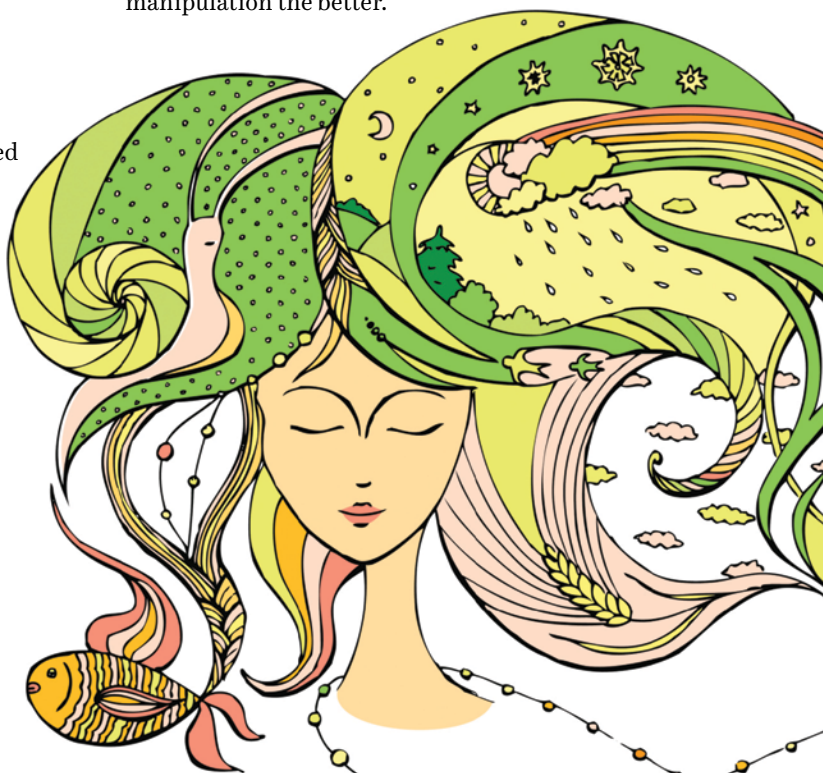
The next thing to realize is that not all natural and organic products are created equal. Much like the spiritual quest, what matters is the journey: in this case the journey from the farm to your skin. To make astute choices, it is vital to know what happens along the way. There are three basic questions to consider:

## 1. How are natural and organic ingredients grown and harvested?

Think of the best extra-virgin olive oil from a protected region in Italy, where the olives are cold pressed and respectfully seduced to give up their precious juices to maintain nutritional content and flavor. You pay attention because you know the oil tastes delicious, but the same oil is equally delicious for your skin. What about the other skincare products you apply?

## 2. How are personal care products manufactured?

When you buy or grow organic vegetables, you try and eat them as raw as possible or lightly steam them to maintain their nutrients. Likewise, it is relevant to ask what happens when the plants come out of the ground to be made into skincare products. Are the plants percolated or macerated to force the natural content? Are chemicals used to extract the ingredients? Or are the plant's natural properties gently coaxed from them as essences, extracts, and elixirs that maintain the vitality of the plant in the process? As with food, when it comes to natural and organic personal-care products, the less water, heat, chemicals, and human manipulation the better.





### 3. How are they preserved?

Preservatives are additives put into products to prolong their shelf life and keep them from being broken down by microorganisms. Yet, what does a longer shelf life have to do with health? Absolutely nothing. Preservatives exist solely for the convenience of companies seeking to maximize sales and profitability through scalability, mass production, and logistics. Imagine buying food items that would last in your refrigerator for five years. You wouldn't. Instead, subscribe to the belief "the longer the shelf life, the lower yours."

In my experience, I have found few cosmetic chemists who see and treat the natural and organic ingredients in personal-care products like a raw food chef does when preparing a meal. But that's changing. In the meantime, it pays to read labels to know the ingredients and processes that take the plant from farm to skin. Taking note of certifications for purity and clinical studies for efficacy are two parts of the three-legged stool of understanding. The third is transparency. Rating natural and organic products according to certification, efficacy, and transparency will aid tremendously in helping one to navigate the growing number of choices among products that are marketed as natural and organic.

**Mark Wuttke** heads the Wuttke Group, LLC, a globally recognized business development solutions company specializing in authentic green, healthy wellness, regenerative sustainability, and conscious leadership.

## Honest Labels: Decoding Natural & Organic Certifications

Download a PDF of The Secrets of Fine (Organic) Print at [spiritualityhealth.com/fine-print](http://spiritualityhealth.com/fine-print)



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10 BEST

# Bath Soaks & Soaps

WATER IS BECOMING MORE PRECIOUS. WHEN YOU TAKE A BATH, TAKE IT SERIOUSLY.

BY MARY BEMIS

## Seaweed Mineral Bath

EARTH MATTERS APOTHECARY

One of the best new product companies to debut in some time, Earth Matters takes an interesting approach to self-care. Each product is uniquely designed to address the three body types—endomorph, ectomorph, and mesomorph—through organically “constitutionally” formulated products made with marine plants, herbs, essential oils, and medicinal clays. The aim here is to restore your elemental balance. A great way to begin is with this bath powder, rich in Dead Sea salts, algae, and ionized clay infused with constitutional aromatics. (\$65) [earthmattersapothecary.com](http://earthmattersapothecary.com)

## Mustard Bath

DR. SINGHA

Always in my travel bag, this Mustard Bath is pure magic when you just want to soak in some serious essential-oil goodness. It's a super-clearing blend of eucalyptus, rosemary, wintergreen, and thyme, and perfect when you're feeling under the weather or when you need to rejuvenate. There's just something about this mustard-seed bath that's like no other. (\$3.65 to \$157.50) [drsingha.com](http://drsingha.com)

## Himalayan Salt Detox Bath

SALTABILITY

An end-of-the-day favorite: Pour these pure Himalayan sea salts into your bath and allow yourself to relax for 30 minutes, soaking in the mineral-rich goodness. Your body will thank you. (\$22) [saltability.com](http://saltability.com)

## Ginger Bath & Body Oil

KERSTIN FLORIAN

We wanted to linger longer than usual in this incredibly warming bath that features two distinct types of ginger, as well as coriander and other soothing essential oils in a nourishing sunflower-seed oil base. This top-notch bath and body oil has anti-inflammatory qualities that help alleviate soreness, arthritis, and cramps. Not to mention it's super-moisturizing for the skin. Two capfuls will do it. (\$56) [kerstinflorian.com](http://kerstinflorian.com)



## Inner Strength Bath & Shower Oil

AROMATHERAPY ASSOCIATES

This exquisite bath oil is an uplifting blend of clary sage, frankincense, and cardamom. It makes for a calming and soothing bath (careful, you only need a capful). Created by the company's co-founder, Geraldine Howard, who recently passed away, it was formulated at a time when she needed to find her own inner strength during her treatment for cancer. Ten percent of proceeds of this oil go to the Defense Against Cancer Foundation. (\$73) [aromatherapyassociates.com](http://aromatherapyassociates.com)

## Wildly Natural Seaweed Powder Bath

SEAWEED BATH COMPANY

If you're looking for a good unscented bath soak, this is a nice option (though you'll also find lavender and eucalyptus and peppermint options). The powder form is derived from hand-harvested brown seaweed from Maine, and includes argan oil and vitamin E among its skin-soothing ingredients. (\$19.89) [seaweedbathco.com](http://seaweedbathco.com)

## Almond Pure-Castile Liquid Soap

DR. BRONNER'S

A cult classic if ever there was one. We like the subtle almond aroma and gentle ingredients (organic and fair trade) that are concentrated and biodegradable. One product does the trick: use on your face, body, and hair—you can even use this as a household cleanser. Available in two-ounce to one-gallon sizes, and seven more pleasant aromas. (\$3.19 to \$63.99) [drbronner.com](http://drbronner.com)

## Vermont Clay Bar Soap

VERMONT SOAP

Fuller's earth is a star ingredient in this face and body soap that's especially beneficial for oily skin. It has a nice creamy lather and astringent quality (thanks to rosemary extract). Organic coconut, palm, and olive oils included. The company, creator of many other fine bar soaps, recommends using this soap after a good sauna sweat. (\$6.98) [shop.vermontsoap.com](http://shop.vermontsoap.com)



## Lavender & Chamomile Milk Bath

A WHOLESOME GLOW

We love the story behind this new brand created by Blake and Carmen Gendebain, owners and operators of Twin Mill Farms in New York. The couple recently debuted a “farm-to-bottle” product line inspired by their beloved dairy farm. Many of the ingredients come from the farm and community—like the lavender and chamomile found in this soothing milk bath. (\$18 to \$30) [awholesomeglow.com](http://awholesomeglow.com)

## Canadian Pine with White Sage Soap

PANGEA ORGANICS

This bar gives soap a good name: long-lasting with a terrific aroma (pine is always so uplifting) and a great feel to it, it's loaded with whole plant botanicals. A classic bar that goes the distance. (\$9.00) [pangeaorganics.com](http://pangeaorganics.com)

Mary Bemis is the editorial director of [InsidersGuidetoSpas.com](http://InsidersGuidetoSpas.com).





# 10 BEST Face Oils & Serums

PLANT OILS OFFER A PURE AND SIMPLE  
WAY TO NOURISH YOUR SKIN.

BY JEANNIE JARNOT

Loved for their results-oriented formulas, beautiful aromas, and glow-getting phytonutrient rich botanicals, face oils and serums are the darlings of green beauty. Some consider oils and serums one and the same, which they can be, depending on how you wear them and your approach. Do you like to keep it simple? Or are you all about layering? While I love a great all-in one product, I admit that I've been known to layer, especially during my nighttime routine. I believe that skincare is all about what works for you.

## Nectar Vital Rose Drops

**OSMIA ORGANICS**

All-organic Nectar strikes an elegant balance between a face oil and serum. Prickly pear and pumpkin seed oils absorb quickly to smooth lines while rosehip seed oil repairs sun damage and scarring. Wild-grown Australian sandalwood, Bulgarian rose, and jasmine offer the skin and the senses a bouquet of beauty bliss. (\$98) [osmiaorganics.com](http://osmiaorganics.com)

## Vintner's Daughter Active Botanical Face Serum

**VINTNER'S DAUGHTER**

The bold hypnotic aroma of jasmine (a powerful skin healer) alone makes this liquid-gold serum concentrate worth every penny. In the mix are 21 additional organic or wild-crafted botanicals that layer on the effects of antioxidant protection, increased circulation, lightened hyperpigmentation, and redness relief. (\$185) [vintnersdaughter.com](http://vintnersdaughter.com)

## Vitality Elixir

**MAHALO SKINCARE**

Rich and potent Vitality Elixir infuses skin-renewing powerhouses like sea buckthorn, turmeric, and carrot seed into omega-rich kukui and chia super-oils making it the perfect all-in-one treatment serum and nourishing oil for all skin types. Clarifying black cumin, tamanu, and helichrysum, also in the mix, keep breakouts at bay. (\$110) [mahalo.care](http://mahalo.care)

## The Super Couple

**MAYA CHIA**

Dubbed the "super couple" for its unique marriage of ultra-omega rich chia oil and antioxidant mega-star astaxanthan, this pinkish lightweight oil is a potent day and nighttime glow-getter. Oils of jasmine, rose, sandalwood, carrot seed, and chamomile add to the reasons to love this skin youth-protecting face serum. (\$85) [mayachia.com](http://mayachia.com)



## Mangosteen Beauty Drops PM

**SKINOWL**

Don't let the short ingredient list fool you. These ultra-pure beauty drops bathe skin in natural free radical fighting xanthenes, beautifying essential minerals, and cell-renewing phytonutrients. Featuring only two, superior quality cold-pressed oils, Southeast Asian mangosteen fruit and South African baobab, this sweet smelling oil is like beauty sleep in a bottle. (\$85) [skinowl.com](http://skinowl.com)

## Night Serum with Retinol

**TRUE BOTANICALS**

The use of mild microencapsulated retinol blended with organic botanicals and marine-derived peptides make this a leading anti-aging nighttime treatment serum. This clinically studied formula smoothes, repairs, and evens skin tone without the side effects of prescription retinol. (\$150) [truebotanicals.com](http://truebotanicals.com)

## Sun Damage Repair Serum

**LAUREL WHOLE PLANT ORGANICS**

Laurel blends her serums by hand and this, my personal favorite whole plant Beauty Hero, holistically addresses skin discoloration, dark spots, and collagen loss. Never holding back with her formula, as evidenced here, Sun Damage Repair Serum blends 27 lightening and brightening organics like scarlet pimpernel, licorice, gotu kola, cranberry seed, raspberry seed, carrot seed, and marshmallow, just to name a few. (\$72) [laurelskin.com](http://laurelskin.com)

## Extra Nourishing Face Formula

**BOTTEGA ORGANICA**

Bottega Organica leads the way in the farm-to-skin movement. This unisex anti-aging formula begins with the highest quality organic olive oil from the Bottega Organica farm in Liguria, Italy. Anti-aging prawn sage extract, scientifically proven to aid in cell repair and regeneration, is infused and topped off with organic vanilla fruit oil to make the ultimate liquid balm that smells good enough to eat. (\$78) [bottegaorganica.com](http://bottegaorganica.com)

## Complexe de Fleur Cellular Renewal Complex

**IN FIORE**

For those who prefer a silky face serum to face oil, In Fiore delivers a golden infusion of 12 of the most potent, carefully sourced botanicals shown to increase cell turnover, stimulate collagen, and brighten skin. A few drops of Complexe de Fleur, featuring French Neroli, Bulgarian Rose, and Omani frankincense, softens skin on contact and absorbs to leave the complexion non-oily and radiant. (\$160) [infiore.net](http://infiore.net)

## Breakout Blocker Clarifying Serum

**JILLIAN WRIGHT SKINCARE**

Chinese herb Huang Qi (astragalus root), tea tree, and probiotics work synergistically to get to the root of acne and inflammation. This treatment serum works wonderfully to calm, clear, and heal blemishes from the inside out to avoid scarring. Apply this light milky serum as a spot treatment or smooth over inflamed areas for rapid relief. (\$75) [jillianwrightskincare.com](http://jillianwrightskincare.com)

**Jeannie Jarnot** is a former spa director, green beauty expert, and founder of Beauty-Heroes.com.

NOURISHING AND GENTLE PRODUCTS FOR  
YOUR MOST VISIBLE SELF

# 10 BEST Face Washes

BY MARY BEMIS



## Apricot & Chamomile Cleansing Oil

ANGELINA ORGANIC SKINCARE

This gentle cleanser is handmade in Bend, Oregon, by owner Angelina Swanson who wild harvests herbs and makes her own infusions for her nourishing products using local, organic, and Fair Trade ingredients. An ultra-nourishing cleanser, this is a magical concoction of safflower oil, chamomile, cold-pressed extra-virgin olive oil, apricot kernel oil, Oregon meadowfoam seed oil, and more. (\$16.95) [angelinaskincare.com](http://angelinaskincare.com)

## Luminous Melting Cleanser

GOOP BY JUICE BEAUTY

You'll want to use this luxurious formula sparingly, as a little goes a long way (plus it'll take a bite out of your wallet, but it's worth it). A seriously soothing combo of almond, coconut, and olive oil, plus shea butter and an essential oil blend that includes lemon, sweet, iris, and (who knew?) poet's daffodil. (\$90) [shop.goop.com](http://shop.goop.com)



## Facial Cleanser

KAHINA GIVING BEAUTY

We're longtime fans of this line's 100% Organic Argan Oil, and the cleanser does not disappoint. Love the delicate and uplifting neroli scent, and its good-for-you moisturizing ingredients like vitamin E and argan oil, high in fatty acids. (\$56) [kahina-givingbeauty.com](http://kahina-givingbeauty.com)

## BeautyPrep Face Cleanser

JANE IREDALE

Micellar water, a gentle facial cleanser and/or makeup remover that does not require rinsing, continues to be a popular option for women who like the convenience factor. Simply saturate a cotton ball and swipe over your face—no water needed. This one, a soothing proprietary blend of cucumber extracts and algae, is a very good natural option, created with ingredients from organic farming. (\$28) [janeiredale.com](http://janeiredale.com)

## Purifying Cleanser

TATA HARPER

This natural luxury brand has a cult following, and with good reason—it's really, really nice. From the packaging (pretty green glass bottles) to the formulas, Tata Harper does it right. This cleanser is a perfect summer pick, as it's both purifying and refreshing. Our skin felt squeaky clean, in a good way, after washing, thanks to a cocktail of sugars, broccoli extract, and fruit enzymes. (\$62) [tataharperskincare.com](http://tataharperskincare.com)



## Kombucha Cleanser

EMERGINC SCIENTIFIC ORGANICS

I originally bought this for my husband, but I ended up using it more than he did. (I can't get him away from his Dove soap bar.) Super lightweight with a clear, gel-like consistency, this cleanser deep cleans without stripping your skin and making it feel dried out. Its special recipe includes kombucha, grape stem cells, spirulina, and white and green teas, among others. (\$35) [emerginc.com](http://emerginc.com)

## Kiwi Cream Bar

ARCONA

Kiwi, coconut, vanilla, and honey come together for a perfect (and somehow elegant) cleansing solution. This is a soothing, nourishing option for dry skin types. This beloved Los Angeles-based line has a serious following and makes many of its products in small batches, priding itself on its enzymatic-based ingredients—plenty of essential oils, plant lipids and extracts, sea vegetables, and vitamins and minerals. (\$42) [arcona.com](http://arcona.com)



## Nourishing Cleansing Crème

INTELLIGENT NUTRIENTS

A calming and soothing cleanser with a soft milky texture, intoxicating scent (think ylang ylang, bergamot, patchouli, and clove), it has the added benefits of plant stem cells. The seriously hydrating formula includes coconut milk and oil and a green and brown algae complex, making this face wash a real stand-out and perfect for delicate and dry skin. (\$38) [intelligentnutrients.com](http://intelligentnutrients.com)

## Clear Skin Probiotic Cleanser

EMINENCE

We were drawn to this cleanser as soon as we opened the bottle and pumped a little into our hands—it smelled good from the get-go—and left our skin feeling nicely tingly and refreshed. Formulated for acne-prone skin, this could be a good summer cleanser when the weather heats up, even if acne is not a skin concern. It has a nice cooling combo of ingredients like tea tree oil, cucumber, and skin soothers like almond milk and yogurt. (\$38) [dermstore.com](http://dermstore.com)

## Gentle Cleansing Nourishing Organic Cleanser

DESERT ESSENCE

Simple and straightforward, this cleanser counts aloe vera, chamomile, and cucumber among its hydrating ingredients. This natural beauty staple won't break the bank. (\$13.99) [desertessence.com](http://desertessence.com)

Mary Bemis is the editorial director of [InsidersGuidetoSpas.com](http://InsidersGuidetoSpas.com).

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- pH balancing toner with Herbasome, a fruit water extract liposome
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# 10 BEST Body Scrubs

SLOUGH OFF THE OLD SKIN, BRING IN THE NEW WITH SUGAR AND SEA SALT.

BY MARY BEMIS

## Unscented Body Polish UNZENTED

It was love at first scrub with this delicate body polish. Though unscented, it gave me the sense of a walk in the woods. The gentle formula includes a proprietary "Zen Blend" of biodynamically farmed flower essences, including star tulip (calming) and manzanita (centering and joy-inducing). Features both sugar and salt in an organic shea-butter base and comes with practical tips for creating self-care rituals at home. (\$32.50) [zents.com](http://zents.com)

## Organic Body Polish

TRILLIUM ORGANICS

A no-nonsense certified organic salt-based scrub that's still made by hand at this small company whose mission in part is to "help people experience welcome relief from challenges like the rash from chemical sensitivity, psoriasis, eczema, acne, or dermatitis." Comes in 10 different essential-oil formulas, including Purifying Fragrance Free, Clearing Cedar Eucalyptus, and Comforting Vanilla Cardamom. (\$30)

[trilliumorganics.com](http://trilliumorganics.com)

## Italian Blood Orange Isla das Rocas Sea Salt Scrub RED FLOWER

You'll want to set aside some time to savor this scrub. Solid and serious, its citrus scent—an intoxicating combo of blood oranges, orange blossom, orange rinds, and grapefruit—nearly knocked us over, in a good way. This sea salt-based beauty has a great texture that gives a truly invigorating scrub. (\$36) [redflower.com](http://redflower.com)



## Passion Fruit Sugar Polish

OLA HAWAIIAN PRODUCTS

An ode to the natural bounty of Hawaii, this exceptional scrub gets its true grit from pure Hawaiian cane sugar and organic Hawaiian honey. Nourishing oils of coconut, kukui, and macadamia leave skin feeling loved and smooth. (\$30) [hawaiianbodyproducts.com](http://hawaiianbodyproducts.com)

## Generation Nature NATURE GIRL

This playful line uses natural, certified organic, and wild-crafted ingredients cultivated on small family-run farms in its range of products. Generation Nature is a moisturizing Brazilian brown sugar and sea salt scrub that counts certified organic oils of jojoba and sunflower among its ingredients. (\$58) [nature-girl.com](http://nature-girl.com)



## Plumeria Body Polish MALIE

Plumeria, a symbol of beauty and grace, is a popular flower from which leis are fashioned. It adds a fragrant note (along with jasmine and sandalwood) to this otherworldly body polish from one of the best Hawaiian beauty brands around. This scrub is a beautiful blend of texture and ingredients. (\$29) [malie.com](http://malie.com)

## Kiwi Coconut Salt Crème Buff

AROMAFLORIA

A fine exfoliator from a reliable company, this scrub uses gentle Bali sea salts, kiwi extract, and Thai coconut cream to create a remarkably feel-good experience. (\$25) [aromafloria.com](http://aromafloria.com)



## Lemongrass Sugar Scrub

PLANTLIFE NATURAL BODY CARE

There's something about the scent of lemongrass that transports us, and it's a welcome essential oil in this sugar scrub crafted with organic extracts of white tea and ginger and organic rice bran and coconut oils. (\$19.95) [plantlife.net](http://plantlife.net)

## Coffee + Mint Body Scrub

LITTLE BARN APOTHECARY

This hard-to-resist scrub is a refreshing and fragrant combo of organic fair trade coffee beans (they help give good scrub), peppermint oil, and nourishing coconut oil. Need we say more? (\$26) [littlebarnapothecary.com](http://littlebarnapothecary.com)

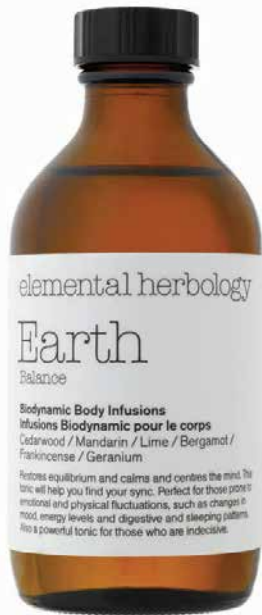
## Bali Flowers Sea Salt Scrub

JAMU ORGANIC SPA RITUALS

Created with essential oil of ylang ylang, one of Bali's most cherished fragrant flowers, this lusciously scented sea salt scrub is a sensual treat for any body. (\$20 for the Spa to Go set) [jamuspa.com](http://jamuspa.com)

Mary Bemis is the editorial director of [InsidersGuidetoSpas.com](http://InsidersGuidetoSpas.com).





## Earth Balance Body Infusion

ELEMENTAL HERBOLOGY

Intended to “help you find your sync,” this body oil boasts some fine calming and balancing essential oils: bergamot, geranium, frankincense, and mandarin. Sweet almond, coconut, and jojoba help nourish the skin. (\$50) [elementalherbology.com](http://elementalherbology.com)

## Body Elixir Inflorescence KYPRIS

This precious oil has such an intoxicating aroma that we wanted to dab a little on a tissue and tuck it inside our camisole to carry it close throughout the day. Yes, it’s pricey, but Inflorescence, with its wild-crafted and sustainably grown ingredients, is simply addictive. Blame it on the bitter orange blossoms. (\$95) [kyprisbeauty.com](http://kyprisbeauty.com)

## Daily Repair Body Treatment SHANKARA

The beauty cultures of East (Ayurveda) and West unite in this lovely line that donates 100 percent of its net profits to global humanitarian work via the International Association for Human Values. Daily Repair is full of active plant and herb extracts that hydrate and nourish the skin. A good precursor to body oils, spray this on your body post-shower or bath for best results. Jasmine, lavender, and rose essential oils leave a light and refreshing scent. (\$50) [shankara.com](http://shankara.com)

## Instinctual Body Lotion SPARITUAL

We admire this brand’s slow beauty mission, and chose this lotion for its nice, light feel; easy absorption; and skin-protecting and nourishing ingredients like avocado and fair trade certified organic shea butter and olive oil. (\$32) [sparitual.com](http://sparitual.com)

SHOW YOUR BODY SOME LOVE WITH THIS SENSUAL COLLECTION OF LOTIONS, BALMS, AND OILS.

10 BEST

# Body Potions

BY MARY BEMIS

## Hoya Nourishing Body Oil

SONYA DAKAR

The hoya plant, native to Asia, has beautiful flowers shaped like five-pointed stars—and powerful phytoesters and terpenes (compounds that help it heal and protect itself). Extracts of the essential oil of this flower are included in this ultra-nourishing body oil, created by renowned esthetician Sonya Dakar. We like the way our skin eats it up without leaving an oily film, and its uplifting scent (think lime, lemongrass, and bergamot). Its anti-inflammatory properties are a welcome plus. (\$85) [sonyadakarskinclinic.com](http://sonyadakarskinclinic.com)

## Vital Repair Herb Rich Balm

DE LA TERRE

Aimed at those with ultra-sensitive skin, this is a wonderfully therapeutic balm for the toughest of skin conditions, especially symptoms relating to chemotherapy, radiation treatments, and autoimmune disorders. (\$30 to \$40) [delaterreskinicare.com](http://delaterreskinicare.com)

## Grape Stem Cell Solutions Body Lotion ILIKE

Not only do we love the way this light lotion glides on and easily absorbs, we love the light sheen it leaves on our skin. Skin-softening ingredients like oils of coconut, lemon, and orange help hydrate while super-antioxidants like grape stem cells help stimulate collagen. A winning combination. (\$76) [szepelet.com](http://szepelet.com)

## Glisten Body Balm

GLYCELENE

This luxurious unscented balm is one of the best we’ve tested. Rich in feel and formulation, it counts organic acai pulp oil, babassu, coconut, and passion fruit oils among its many fine ingredients. The founder describes it as “liquid gold,” and we couldn’t agree more. (\$76) [glycelene.com](http://glycelene.com)

## 100% Natural Australian Jojoba

THE JOJOBA COMPANY

A beautifully moisturizing oil that may be applied not only to your body, but to your face, hands, cuticles, and hair, as well. Chock-full of powerful antioxidants (Omega 6 and 9), as well as vitamins A, D, and E. (\$14.95 to \$22.50) [thejobobacompany.com](http://thejobobacompany.com)

## Evening Primrose Intensive Salve KNEIPP

Formulated specifically for those who have very dry skin and/or irritated, cracked skin, this fragrance-free formula is loaded with skin-calming evening primrose oil and hydrating almond and prune seed oil. (\$32) [kneippus.com](http://kneippus.com)

Mary Bemis is the editorial director of [InsidersGuidetoSpas.com](http://InsidersGuidetoSpas.com).



# 10 BEST Sun-Care Products

**Sunshine** has always been my friend. A naturally bronze Latina who despises being chilly, I can sunbathe, swim, and garden in the most glaring sunshine and look a luscious golden brown in 30 minutes or under. Carefree slaps of sunscreen and my wide-brimmed sunhat were obviously insufficient sun protection, and my dermatologist recently removed three precancerous lesions from my décolletage. Not pretty. It's officially time to cover up.

Thankfully, there are ongoing advancements in skincare that make it much easier to protect sun worshippers like me, says Dale Westrom, MD, a clinical professor of dermatology at University of California, San Francisco.

- Researchers are testing a pigment called scytonemin, a natural and stable ultraviolet shield.
- Cyanobacteria, or blue-green algae, shows promise in protecting against ultraviolet radiation.
- Biologists are testing new sunscreens made without common microscopic metals that pollute the sea and alter the cells of sea animals, making them more vulnerable to toxic pollutants, according to *Environmental Science and Toxicology*.

Choose broad-spectrum sunscreens with sun protection factor (SPF 15 to 50) and those that are:

- Reef-safe, humanely tested, and cruelty free
- Mostly plant-based ingredients you can identify
- Devoid of strong scents and harmful chemicals



## Clear Zinc Sunscreen SPF 30 **BABO BOTANICALS**

Fragrance-free and geared to sensitive skin, this new collection of hypoallergenic sunscreens is made without dairy, soy, peanuts, almonds, walnuts, SLS, sulfates, parabens, phthalates, fragrances, or dyes. Instead, Babo contains rich sunflower and jojoba oils, along with green tea to replenish and soothe dry, damaged skin. (\$12 to \$22) [babobotanicals.com](http://babobotanicals.com)

## Sunstick SPF 30 **ELEMENTAL HERBS**

Coral-reef safe and completely unscented and vegan, this mineral sunscreen line is biodegradable, is gluten-free, and goes on super-clear. In addition to mineral zinc oxide, Elemental Herbs sunscreens contain natural rich antioxidants that help fight the free radicals that cause skin aging and sunspots, including grape seeds, organic rose hip oils, jojoba seeds, and moisturizing olive oils. (\$6.40) [iherb.com](http://iherb.com)

## NATURAL OPTIONS FROM ALOE VERA TO ZINC

BY **NICOLE DORSEY**

## AquaSport Broad Spectrum SPF 30 & 50 **ALL TERRAIN**

Created by a rock climber and adventure athlete. All Terrain was invented for active lifestyles and tested for water- and sweat-resistance for up to 80 minutes. All Terrain's transparent broad-spectrum sunscreen contains grapefruit, vitamin E, sea kelp, and jojoba oils to boost antioxidants. (\$16 to \$30) [allterrainco.com](http://allterrainco.com)

## Sunscreen Lip Balm SPF 15 **BADGER**

A small, family-owned company in New Hampshire, Badger sunscreens and lip balms blend organic plant extracts (lavender and rose, for instance), and exotic oils and beeswax to make their healing balms and mineral sunscreens. The ultra-moisturizing base ingredients (jojoba, extra-virgin olive oils) provide biodegradable protection from chlorine and sunshine, keeping your pucker plump and worry-free. (\$6) [badgerbalm.com](http://badgerbalm.com)

## Lip Balm SPF 30 **WAXELENE**

For chapped lips that need extra attention, try flip-tubes and lip balms containing organic soy and rosemary oils, beeswax, and vitamin E. Waxelene's raw ingredients are certified organic and have the creamiest texture. Waxelene's products are made without artificial ingredients in a California production facility that runs on wind power, and their cosmetic boxes and jars are 100 percent recyclable. (\$4.99) [waxelene.com](http://waxelene.com)

## Face the Day Sunscreen & Firming Primer SPF 30 **GODDESS GARDEN ORGANICS**

Created as a tightening and lifting sunscreen, this lightly scented cream acts like a firming primer underneath your foundation and other cosmetics. Face the Day sunscreen is a sheer, non-greasy formula made with antioxidants that fight free radicals and aging skin using lavender and coconut essential oils. (\$18) [goddessgarden.com](http://goddessgarden.com)



## Unscented Matte Tint Face SPF 30 **COOLA**

Naturally calming evening primrose and flaxseed oils deliver omega-3 and gamma-linoleic acids to improve skin's elasticity and help your dermis retain moisture. Natural shea butters smooth and hydrate while Coola's patented "plankton extract plant protection" rejuvenates sensitive or oily skin with 70 percent-certified organic products. Preservative-free, Coola's mineral makeup primers with SPF and plant stem cells are water resistant and stimulate cell renewal. (\$28 to \$68) [coolasuncare.com](http://coolasuncare.com)

## Sun Shield Clear Spray SPF 30 **MYCHELLE DERMACEUTICALS**

Battling wrinkles, dark spots, and uneven pigmentation, MyChelle's new Sun Shield Clear Spray (SPF 30) complements its Sun Shield Clear Stick (SPF 50). Mineral-based and PABA-free, both provide coverage for swimmers, surfers, and other outdoor enthusiasts. MyChelle's products are made without sulfates or artificial colors, and its pretty packaging is recyclable. (\$20 to \$28) [mychelle.com](http://mychelle.com)

## BlackBerry Natural CC Cream SPF 30 **CALIFORNIA PURE NATURALS**

A new and welcome addition, this tinted facial cream has natural pigments and nourishing ingredients like blackberry and argan oil. Rich in zinc oxide and water-repellent, California Pure Naturals (CPN) offers SPF products that are

concentrated with botanicals like rosehip and cranberry oils. Rich in antioxidants and gluten-free, all sunscreens are certified USDA organic. Their baby oils, gentle body cleansers, and creamy after-sun balms are also designed with mommy in mind. (\$11) [cpnskin.com](http://cpnskin.com)

## SUNLIGHT & UV RAYS

Too much sunlight and time spent on tanning beds (please don't!) all cause invisible ultraviolet (UV) radiation, leading to sunburn, accelerated skin aging, and skin cancers. In fact, skin cancer is the most common cancer in the U.S., and according to the American Cancer Society, over one million non-melanoma cases are diagnosed each year.

### 3 TYPES OF UV RAYS

Excessive ultraviolet (UV) radiation even weakens your immune system and the skin's natural defenses. According to the U.S. Environmental Protection Agency, three types of UV rays exist, though only the first two apply:

1. **UVA** causes skin aging, wrinkling, and skin cancer. Long-wave rays affect skin more deeply than UVB rays and penetrate clouds, glass and other exteriors.
2. **UVB** causes sunburn and contributes to aging skin, uneven complexions, and some cancers. Short-wave sun radiation penetrates clouds and is most dangerous between 10 a.m. and 4 p.m.
3. **UVC** rays are deadly but absorbed by atmospheric gases before they ever reach earth.

## 95% Organic Aloe Vera Gel **AROMATICA**

A concentrated and soothing skin balancer, Aromatica's all-natural ingredients are sourced all over the world and contain deeply hydrating essential oils. This organic aloe is non-greasy—you cannot even tell it's on—and it soothes sensitive, damaged skin all over face and body, while preserving your skin's firmness and suppleness. (\$11 to \$25) [thearomatica.com/shop](http://thearomatica.com/shop)

**Nicole Dorsey** is a wellness expert who holds advanced degrees in health science and sports nutrition. She has been chasing the sun (and writing about it) for two decades.

## SUN-PROTECTIVE CLOTHING

UV-fighting fabrics disrupt UV radiation and contain the similar SPF spectrum but are called "UPF" for ultraviolet protection factor (UPF), ranking from UPF 15 to 50 for clothing produced with sunscreen built-in.

At REI, the outdoor tour guides offer their exclusive sun-proofing recommendations:

- Wear a large-brimmed sunhat all year long, like the Shapeable Sun Catcher hat with UPF 50. (\$49.50) [rei.com](http://rei.com)
- Wear lightweight UPF 50 swimsuits, shorts, and shirts that play double duty to wick moisture and keep you cool and dry. We like REI's Mountain Hardwear specialty shirts and shorts (UPF 25) with an anti-microbial finish.

Coola's sister clothing company called Coolibar ("the protection you wear") has earned the Skin Cancer Foundation's Seal of Approval and offers UPF 50 tanks, tees, and swimwear. Coola's preservative-free and 100 percent natural clothing includes protective rash guards, colorful shorts, and sun-proof beach blankets for the whole family. Sun-repellent separates range from \$20 to \$80. [coolibar.com](http://coolibar.com)

Your peepers need protecting, too. Since UV radiation increases the likelihood of cataracts, your sunglasses, glasses, or contact lenses should offer 100 percent UV protection. For years, versatile Oakley's and Ray-Bans have offered complete UV protection in all of their sunglasses, and we're big fans. ([bestreviews.com/5-best-sports-sunglasses](http://bestreviews.com/5-best-sports-sunglasses), [allaboutvision.com/sunglasses/spf.htm](http://allaboutvision.com/sunglasses/spf.htm))



A WONDERFUL WAY TO REFRESH YOURSELF  
THROUGHOUT THE DAY, THESE AROMATIC MISTS  
CAN HELP IN A VARIETY OF WAYS.

## 10 BEST Mists to Spritz

BY MARY BEMIS



### Sleep Soothing Mist ESSENCE OF VALI

It's not a surprise that this mist, one of the brand's first blends, is its bestseller. A soothing blend of lavender, marjoram, cedar wood, and ylang ylang, this is a truly relaxing and sleep-inducing blend. For best results, simply spray on the corners of your pillowcase, on your sheets, and around your sleeping area. (\$8.50) [essenceofvali.com](http://essenceofvali.com)

### Imagination Energy Mist PHIA LAB

The masterminds behind Phia Lab developed what they call an energy spectrum that classifies essential oils into six "energy bouquets."

There's Adventure, Balance, Confidence, Grounding, Focus, and Imagination. Imagination is a spectacular blend of lavender, lilac, ylang ylang, and frankincense, and this luxurious aloe-infused mist hits all the right notes. (\$27) [phialab.com](http://phialab.com)

### Joy Juice Energy Mist LOTUS WEI

Who couldn't use an extra dose of joy? This mist is meant to help do away with worry and aims to bring out your inner child—the emphasis is on joy, laughter, and fun. Jasmine and sweet orange add to the aroma, while the power of African Daisies and Bird's-foot Lotus flowers add an alchemical edge. Flower remedies at their finest. (\$40) [lotus-wei.myshopify.com](http://lotus-wei.myshopify.com)



### Aromatherapy Mists AURA CACIA

There are a dozen different mists to choose from in this line, including an Awakening Yoga mist (grapefruit and lavandin orange), a Peaceful Patchouli Sweet Orange mist, and even Pep Talk (cardamom and peppermint) and Panic Button (a calming blend of lavender, neroli, and petitgrain) mists. (\$7.99 to \$9.99) [auracacia.com](http://auracacia.com)

### Clarity Aroma Mist

AROMA NATURALS

A nice blend of sweet orange and cedar intended to help clear your mind. This company has a number of other good blends, including Hope (vanilla and rose) and Meditation (patchouli). (\$7.50) [aromanaturals.com](http://aromanaturals.com)

### Beauty Elixir CAUDALIE

Formulated with grape extracts and essential oils, this is a true cult favorite said to be inspired by Queen Isabelle of Hungary's famous elixir of youth. A spritz of this facial mist revitalizes skin with ingredients like rosemary and mint, and is a nice pick-me-up throughout the day and on long flights. Really leaves skin looking radiant. (\$49) [us.caudalie.com](http://us.caudalie.com)

### Organic Rose Hydrosol Facial Mist 100% PURE

This is a simple and lovely floral facial mist that may be used throughout the day to refresh normal and dry skin types. Hydrates nicely and leaves skin feeling and looking fresh. (\$15) [100percentpure.com](http://100percentpure.com)

### Calendula Hydrosol

MOUNTAIN ROSE HERBS

This pioneering herbal company, based out of Eugene, Oregon, creates all kinds of good-for-you concoctions—including a number of hydrosols. Calendula, known for its refreshing and soothing qualities, is especially beneficial for dry skin. This beloved herb has long been used to improve the appearance of the skin. Available in two sizes. (\$8.75 to \$20.25) [mountainroseherbs.com](http://mountainroseherbs.com)



### Holy Basil Hydrosol

FOUR ELEMENTS ORGANIC HERBALS

Located in the pristine Baraboo Bluffs of central Wisconsin, this line of herbal wellness products is handmade on a 130-acre certified organic farm. All of the hydrosols are distilled from whole fresh herbs, and this one has centering qualities and a warming scent. (\$14.99) [fourelementsherbals.com](http://fourelementsherbals.com)

### Stress-Free Boost ADORATHERAPY

Lavender, bergamot, and geranium essential oils combine to create a calming, relaxing blend in this mist that's said to have been inspired by the "tranquil waters of Bermudian paradise." There's a reason we keep this one on our desk. (\$30) [adoratherapy.com](http://adoratherapy.com)

Mary Bemis is the editorial director of [InsidersGuidetoSpas.com](http://InsidersGuidetoSpas.com).



# TALKING SCENTS

WITH **KATIE HESS**

Flower alchemist and founder of Lotus Wei, Katie Hess shares tips on choosing mists.

## What's the best way to use an aromatic mist?

Mist around head and shoulders, as if you're misting your aura.

## How often should one do this?

If you mist yourself every few hours during the day, you'll notice a tangible difference in your state of mind on both a more immediate level and increasingly so over time.

## How does one choose the best personal aroma?

If you're able to try all the scents, see which one makes you feel the best—your nose always knows what benefits you most! If you're not able to try the scents—say, you're buying something online based on description only—here's a simple key based on aspects of yourself that you may want to bring out more:

- Floral: spirited, powerful
- Fruity: light-hearted, creative
- Citrus: easygoing, trustworthy
- Green/Herbal: authentic, sincere
- Wood: warm, steady
- Spicy: bubbly, energetic
- Resins: compelling, alluring

We have a flower quiz on our home page ([lotuswei.com](http://lotuswei.com)). You choose the three flowers that you're most drawn to, which generates a fun report.

## What should I look for regarding ingredients?

First and foremost: no artificial fragrances! Only use natural essential oils distilled from flowers, leaves, roots, and seeds of true botanicals. Artificial fragrances designed in a lab are at worst carcinogens and at best make us feel mentally distracted and uneasy. Second, if you can find a mist with not only aromatherapy, but also flower remedies, it becomes a transformative experience for your state of mind as well as your life in general.

—M.B.



The Beauty 100

10 BEST FOR

# Hands & Feet

A BOUNTY OF NATURAL BUTTERS AND OILS TO PROTECT AND REGENERATE

BY **MARY BEMIS**

## Ugandan Shea Butter Hand Cream **PLANET BOTANICALS**

The shea butter in this lovely hand cream is made by women's co-ops in Uganda, and comes in two naturally hydrating blends. Just a little of this light hand cream goes a long way. (\$10) [planetbotanicals.com](http://planetbotanicals.com)

## Coconut Illipe Hand & Nail Balm **JUARA**

Rich without being greasy or heavy, this new hand balm relies on a bevy of tropical ingredients like illipe and wild mangosteen butters. It leaves behind a delicious and subtle fragrance that makes us feel like we're on vacation. (\$20) [juaraskincare.com](http://juaraskincare.com)

## Green Apple Age Defy Hand Cream **JUICE BEAUTY**

This is a good choice for hands that need some extra help, especially if you're beginning to see dark spots and fine lines. The addition of malic acid from organic green apples helps to brighten hands naturally. (\$12) [juicebeauty.com](http://juicebeauty.com)

## Rose Hand Cream **JURLIQUE**

There's a reason why this classic hand cream is loved by so many. Loaded with skin-softening ingredients like honey and almond oil, it has a captivating scent of rose and counts viola extract in its floral bouquet. (\$25) [jurlique.com](http://jurlique.com)

## Peppermint Foot Crème

**KISS MY FACE**

Your toes will tingle in delight when you apply this rich peppermint-oil-laced cream. Organic sunflower seed oil, ginger-root extract, and cocoa butter make this a nice treat for dry feet. (8.95) [kissmyface.com](http://kissmyface.com)

## Hand Cream **ERBAVIVA**

A reliable and restorative hand cream that features organic guggul resin extract, as well as uplifting essential oils of neroli and rosemary. Hyaluronic acid and organic shea butter add oomph to its rejuvenating properties. (\$17) [erbaviva.com](http://erbaviva.com)

## Renew Hand & Body Lotion **SUKI**

The founder of this company believes in the power of "strong and safe" ingredients, and this lotion boasts her proprietary Ceramide Lipid Complex crafted from sunflower, apricot kernel, and grape-seed oils. (\$29.95) [sukiskincare.com](http://sukiskincare.com)

## Fragonia & Sea Buckthorn Hand Cream **PAI**

This hardworking, hydrating cream, formulated for sensitive-skin types, is rich in omegas 3 and 7, and certified-organic oils like sea buckthorn, macadamia, and rosehip. (\$30) [usa.paiskincare.com](http://usa.paiskincare.com)

## Nourishing Foot Cream **PHYT'S**

A seriously emollient foot cream with some of our favorite certified-organic ingredients—beeswax and shea butter, mint, argan, and tea tree. It does the trick. (\$37) [phyts-usa.com](http://phyts-usa.com)

## Citrus Mimosa Hand Cream **BEAUTY COUNTER**

This company is barely three years old, but has seriously impressed us with its activism and healthy beauty mission. We suggest familiarizing yourself with Beauty Counter, beginning with this shea-butter-rich softening hand cream. (\$17) [beautycounter.com](http://beautycounter.com)

**Mary Bemis** is the editorial director of [InsidersGuidetoSpas.com](http://InsidersGuidetoSpas.com).

10 BEST FOR

# Eyes & Lips

MAKE SURE TO GIVE THESE DELICATE AREAS SPECIAL CARE AND ATTENTION.

BY MARY BEMIS



## Eye Revive DR. HAUSCHKA

This is one of our beauty must-haves, and we always keep a box stocked. It's the perfect refresher for tired eyes (computer screens!), and allows a nice time-out as you need to squeeze the contents of an ampoule onto a compress, apply to your eyelids, and lie back for 15 minutes or so. The calming herbal solution includes extracts of black tea, eyebright, and chamomile. Comes with 10 treatments. (\$35)

[lovelyskin.com](http://lovelyskin.com)

## Eye Renew Crème

DAHLIANA NATURALS

A light and creamy consistency, subtle scent, and a powerhouse of ingredients make this eye cream one of our new favorites. Eyebright helps to literally brighten the under-eye area, and bio-peptides aid in the production of new collagen. When it comes to raw fruit and plant-based natural skincare, this award-winning company is leading the way. (\$95) [dahliana.com](http://dahliana.com)

## Ultimate Beeswax Trio BURT'S BEES

The original lip product from Burt's Bees, this trio is our pick because it includes the original beeswax formula three ways: the Squeezable Beeswax Lip Balm; a stick version of the Beeswax Lip Balm; and our favorite, the Beeswax Lip Balm Tin. (\$10.60) [burtsbees.com](http://burtsbees.com)

## Aroma Cleanse Eye Makeup Remover DECLEOR

If you wear eye makeup, it's just as important to pay attention to what you use to remove it. This gentle remover works on waterproof makeup, too. The addition of nourishing camellia oil leaves skin smooth. (\$35) [dermstore.com](http://dermstore.com)

## 101 Ointment LANO LIPS

This cult-fave from Australia was created to heal severely chapped lips—it's magic on dry skin patches, rough cuticles, and more. Has helped soothe psoriasis and eczema, as well. (\$19) [lanolips.com](http://lanolips.com)



## Pomegranate Firming Eye Cream WELEDA

This lovely, gentle cream absorbs quickly and counts organic wild rose leaf extract and organic pomegranate seed oil among its protective ingredients. The addition of vitamin A helps firm the eye area. (\$33)

[usa.weleda.com](http://usa.weleda.com)

## Eyes & Lips OSEA

An excellent multitasking product that nourishes the delicate eye and lip areas with the natural goodness found in algae extract, avocado and macadamia nut oils, cucumber extract, and soothing calendula. A blend of workhorse antioxidants and amino acids helps work on restoring damaged skin. (\$60)

[oseamaliibu.com](http://oseamaliibu.com)

## One World Organic Lip Balm

ECO LIPS

Choose from three enticing flavors: Orange Spice with argan oil; Coconut Ginger with tamanu oil; or Lavender Lemon with olive fruit oil. Nice touch: lip balms are packaged in tubes made with 40 percent recycled materials. (\$4.99) [ecolips.com](http://ecolips.com)

## Argan & Peptide Wrinkle Repair Eye Cream NATUROPATHICA

A superior anti-aging formula created to help with puffiness, dark circles, and fine lines, this eye cream is packed with plant peptides and argan plant stem cells. Makes the skin feel softer and refreshed. (\$84)

[naturopathica.com](http://naturopathica.com)

## Eye Cream HOLLYBETH ORGANICS

If you don't use an eye cream, this little product could change your mind. The velvety feel (jojoba seed oil, sweet almond oil, and beeswax) leaves your eyes moisturized and refreshed (we've relied on it for long-haul flights). It's the brand's very first product and remains its bestseller. May also be used on the lips. (\$45) [hollybethorganics.com](http://hollybethorganics.com)

Mary Bemis is the editorial director of [InsidersGuidetoSpas.com](http://InsidersGuidetoSpas.com).





10 BEST FOR

# Natural Hair Care

SCALP-SOOTHING, HAIR-HYDRATING  
SERUMS, MASKS & MORE

BY MARY BEMIS

## Coconut Hair Mask with Rosemary SURYA BRASIL

Essential oil of rosemary leaf adds a really nice zing to this incredibly conditioning mask. You only need a small amount, applied to dry hair, to reap the benefits of this coconut oil-based treatment mask with ingredients culled from organic farming. (\$44)  
[suryabrasilproducts.com](http://suryabrasilproducts.com)

## Repairing Shampoo & Conditioner JUICE ORGANICS

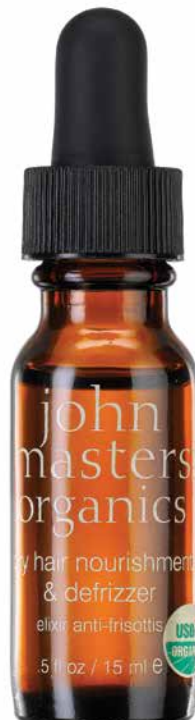
A good pick for summertime, this duo was created to hydrate and nourish hair that's taken a beating. Lots of plant-based organic goodies from this California-based line, including borage, jojoba, and sunflower seed oils, as well as rosehip and cranberry seed oils. (\$12 each)  
[juiceorganics.com](http://juiceorganics.com)

## Feed Your Sunshine Hair Serum YAROK

Show your hair a little love before you dive into that (chlorinated) pool or step into the ocean. This powerhouse of a serum is great for pre-swim and post-sun. It's also a wise pick for those who've wreaked havoc on their hair with color and other chemicals. Contains organic aloe vera, tea tree, and lemongrass oils. (\$29.50 to \$107.20)  
[yarokhair.com](http://yarokhair.com)

## Dry Hair Nourishment & Defrizzer JOHN MASTERS ORGANICS

A little dab will do you—as in just a few drops of this nourishing, certified-organic oil. Formulated with olive, primrose, cedarwood, and lavender oils, to name a few, this is a luxurious hair-care line worth the bucks. (\$20)  
[johnmasters.com](http://johnmasters.com)



## Finishing Treatment RAHUA

An outstanding natural hair-care line developed by a New York City couple who spent a lot of time traveling and working with native tribes of the Amazon rainforest, this creamy treatment works wonders on dry, coarse hair and adds a nice shine. Certified-organic ingredients include raspberry and green tea extracts. (\$45)  
[rahua.com](http://rahua.com)

## Sweet Spirit Leave-In Conditioner INNERSENSE

Use this super-concentrated and lovely, lightly scented conditioner (with tamanu oil, honey, and lavender) on wet or dry hair to detangle and refresh. Nicely hydrating, it's ideal for the summer months and comes in a pump-spray bottle that can be used to spritz your hair when the spirit moves you. (\$22)  
[innersensebeauty.com](http://innersensebeauty.com)

## Mongongo Banana Shampoo SHEA TERRA

The name of this nourishing shampoo may be a tongue twister, but it's good stuff—and pays homage to the iKung people of southern Africa, who long ago discovered the natural, UV-protecting, protein-rich goodness of mongongo nut oil. (\$18)  
[sheaterraorganics.com](http://sheaterraorganics.com)

## Biotin B-Complex Shampoo & Conditioner

AVALON ORGANICS

This is a good natural option for anyone looking for a thickening shampoo and conditioner that won't break the bank. Contains certified-organic ingredients, including aloe leaf juice, carrot root and avocado extracts, as well as biotin and vitamin E. (\$11 each)  
[avalonorganics.com](http://avalonorganics.com)



## Organic Herbal Shampoo

DR. ALKAITIS

This family-run company makes its products by hand in small batches, using its own extracts. It prides itself on the raw goodness of its products. This one contains a proprietary blend called Dr. Alkaitis's Hair Roots & Scalp Herbal Complex that gives hair a healthy luster. Certified-organic and wild-crafted ingredients include aloe-vera gel, wild chamomile, garden sage, and greater nettle, to name a few. (\$50)  
[alkaitis.com](http://alkaitis.com)

## Pink Hair and Scalp Mud ESPA

A cult classic made from red clays and apricot kernel seed oil, this is a serious treatment for hair that needs extra nourishment and care. Soothing extracts of bergamot and nasturtium make it even more of a pleasure to apply. (\$69)  
[us.espaskincare.com](http://us.espaskincare.com)

Mary Bemis is the editorial director of  
[InsidersGuidetoSpas.com](http://InsidersGuidetoSpas.com).

## NEW PRODUCT SHOWCASE

### Red Flower Nature

#### *Illuminating Rose Collagen Renewal Face Serum*

45 kilograms of rose damascena petals, 10,000 cold-pressed cloudberry and raspberry seeds, concentrated omega 3, 6 and 9, ellagic acid and potent antioxidants. 1 bottle of instantaneous benefits and lasting radiance. Red Flower is beauty wellness.

[redflower.com](http://redflower.com)



### Red Flower Nature

#### *Arctic Berry Cloud Milk Cream*

For use on the face and body, the rare and precious cloudberry brings softening fatty acids and antioxidant vitamins in a divinely light-textured cream, encouraging the skin's complete and radiant rebirth. This nutrient rich cream replaces the natural loss of collagen and elastin and regenerates cells to leave skin replenished and protected. Generously blend the softness of clouds over the skin for complete renewal.

[redflower.com](http://redflower.com)



**...Always Natural Inside!**



The world's most popular USDA organic deodorant just had a new addition. Announcing Lemongrass Zen Organic Deodorant from Vermont Soap. Welcome to the Family.

[vermontsoap.com](http://vermontsoap.com)

### Relax, breathe and be inspired!

#### *Balance mind, body, heart and spirit*

Award winning Ola Tropical Apothecary, Hawaii's premium Natural beauty brand offering artisan crafted bath and body products, introduces a Home Fragrance division featuring Tropical Reed Diffusers.

Available in Coconut, Rainforest, Passion Fruit, Pikake, and Plumeria.



[hawaiianbodyproducts.com](http://hawaiianbodyproducts.com) 808.959.2358

### Shield and repair skin every day with our multi-benefit, mineral-based Sun Shield Clear Spray SPF 30



This 100% Zinc Oxide-based, non-nano, continuous spray goes on quickly and provides even coverage for up to 80 minutes of water-resistant UVA and UVB full-spectrum sun protection. Ideal for all skin types, and perfect for swimmers and outdoor sports enthusiasts.

[mychelle.com](http://mychelle.com)



### Shankara Muscle Release Oil

*Supports the natural intelligence and healing wisdom of the body.*

Pure, cold processed herbal oil infusion combines natural active ingredients such as boswellia, arnica, sweet birch, yarrow and devil's claw to soothe and calm inflamed joints and muscles and gently stimulate circulation to support healing. Safe, effective and free from synthetics and chemicals.

[shankara.com](http://shankara.com)  
For the 10% discount please use:  
**MuscleReleaseSpecial**

### JAMU & Organic Spa Rituals

JAMU & Organic Spa Rituals offers global & organic body rituals for unique spa experiences at home. We celebrate herbal healing, holistic health & organic wellness, and honored to be one of Spirituality and Health Top 100. CODE: **SH2016** to save 10%.

[jamuspa.com](http://jamuspa.com)



### Essence of Vali

#### *Sleep, Peaceful Sleep*

Trouble sleeping? You are not alone. Let Essence of Vali's sleep aromatherapy be YOUR bedtime ritual. The products are a soothing blend of essential oils: lavender, marjoram, cedarwood, and ylang ylang. Available as a pillow mist, bedtime balm, massage & bath oil, and concentrate. All products are 100% natural and can be purchased at:

[essenceofvali.com](http://essenceofvali.com)



### ADORatherapy

ADORatherapy is a manufacturer of Aromatherapy products sourced from organic, biodynamic plants and essential oils blended into expertly customized formulas called Mood Boosts™. Founded upon the belief that inner beauty includes inner peace, freedom from stress, personal transformation and personal fulfillment our products stimulate joy and passion in every woman.

[adoratherapy.com](http://adoratherapy.com)