

Vegetarian Times

May 2008

# vegetarian

times GREAT FOOD, GOOD HEALTH, SMART LIVING

## fresh & easy

Tasty tacos with  
a global twist

Healthier fries, fritters  
& French toast

Artichokes 5 ways

Brain-boosting  
breakfast recipes

Roasted Tomatillo  
and Black Bean Tacos

**IS SOY SAFE** for everyone? (p. 26)

MAY 2008

\$4.99US

05



0 74470 02396 8

vegetariantimes.com

For a quick beauty fix, stock your kitchen with these one-step makeover must-haves.

- Once brewed and cooled, **chamomile tea** serves as the perfect toner for normal to dry skin. Lavender tea is ideal for sensitive skin; peppermint or spearmint tea works best for oily complexions.
- **Baking soda** can scrub away dead skin cells or, when added to bath water, soften the skin. To banish product buildup, rinse your hair with 1 tablespoon of baking soda mixed with 2 cups of water.
- **Unrefined sesame or almond oil** can whisk away eye makeup and lipstick when dabbed onto a cotton ball or pad. Both make great bath oils too.

NO RECIPE REQUIRED

SEA SALT AND OLIVE OIL BODY SCRUB

An age-old remedy for skin troubles, sea salts are rich in minerals with healing, rejuvenating powers. This scrub, created by *Cabbages & Roses Guide to Natural Housekeeping* author Christina Strutt, owes its skin-smoothing effects to the naturally exfoliating salts as well as to cleansing, moisturizing extra virgin olive oil. It's ideal for sloughing away dead skin cells and getting your legs ready for summer, says Strutt. When in season, fresh pumpkin can substitute for the sea salt. Just roast about a pound and a half of pumpkin until soft (about 20 minutes) and mash with 2 tablespoons of olive oil. Once the blend has cooled, spread it over your skin and leave on for 20 minutes before washing off.

- ½ cup finely ground sea salt
- 2 Tbs. extra virgin olive oil

Stir together salt and olive oil in small bowl. Dampen your skin and rub the blend from head to toe, then rinse off in the shower.

PH-BALANCING SKIN TONER

Both witch hazel and apple cider vinegar act as astringents, and honey's humectant properties pull moisture from the air to help rehydrate skin. Apple cider vinegar also contains malic acid, a nonabrasive substance that restores your skin's natural pH to protect against the deleterious effects of aging.

- 4 oz. distilled or spring water
- 1 Tbs. apple cider vinegar
- 1 Tbs. witch hazel lotion
- 1 tsp. honey
- 6 drops essential oil
- [see "Custom Care," below]

Blend all ingredients and pour into a bottle. Twice a day, place several drops on a cotton pad and wipe over your face to clean and refresh skin.

CUSTOM CARE

Tailor this pore-minimizing toner to your skin type with the following essential oil guide from Valerie Cooksley, RN, holistic nurse, aromatherapist, and author of *Healing Home Spa*:

Normal: blue cypress, lavender, ylang-ylang

Oily, acne-prone: lemon, clary sage, tea tree

Dry: sandalwood, frankincense, carrot seed

Mature: rose, rose geranium, frankincense

*Whether she's eating them fresh or mashing them up for a mask, Los Angeles-based writer Elizabeth Barker loves strawberries. ■*

SO ESSENTIAL

Essential oils are credited with nourishing and revitalizing the skin. Although pricier than most ingredients in homemade beauty products (ranging from \$5 to \$75 per 0.5-ounce bottle), these botanicals are so potent, most recipes call for only several drops. "A small collection of about 10 oils will last you for years," says *Organic Body Care Recipes* author Stephanie Tourles, who suggests creating a starter set with the five oils listed at right.



Purity matters: Look for organic essential oils that contain no added ingredients.

**GRAPEFRUIT OIL**  
balancing; beneficial to combination skin

**LAVENDER OIL**  
calming; ideal for all skin types

**PEPPERMINT OIL**  
cooling; stimulating

**ROSEMARY OIL**  
refreshing; regenerating

**SWEET ORANGE OIL**  
uplifting; rejuvenating