

body + soul

May 2010

GOT A DESIRE DEFICIT?
THE MINDFUL WAY
TO A BETTER SEX LIFE

5 POWER FOODS
WE BET YOU'RE
NOT EATING

NATURAL HEALING
THE TREATMENT THAT
RENEWES MIND AND BODY

CENTER YOURSELF
CORE MOVES TO BALANCE
AND STRENGTHEN

WHOLE LIVING

body + soul

A MARTHA STEWART PUBLICATION

HEALTHY WEIGHT LOSS

Nourish your
body and feel
your best

19
TIPS FOR
SKIN THAT
GLOWS ALL
SUMMER



+
**SAFER
DRINKING
WATER**
Your guide
to strategies
and filters

MAY 2010
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whole beauty NEWS

GRAPE EXPECTATIONS

You're probably already downing grapes for their antioxidants and Merlot for its high levels of resveratrol—now it's time to feed those benefits to your skin. Grapeseed oil brings skin-healing properties to moisturizers. "Unlike other oils, which can be heavy or greasy, it's light, easily absorbed, and creates a protective layer to lock in moisture," says Janice Cox, author of *Natural Beauty at Home*. —JESSICA LOTHSTEIN



BUY

1 GRAPSEED OIL-BASED LOTIONS

A few of our favorites:

- 1 **Jergens Naturals** Skin Renewing Daily Moisturizer. \$7; drugstore.com
- 2 **Aura Cacia** Patchouli Sweet Orange Aromatherapy Massage Cream. \$9; auracacia.com
- 3 **SEED** Grape Seed Enriched Nourishing Body Lotion. \$9; seed.alice.com

DIY

▲ MAKE YOUR OWN GRAPSEED BODY OIL

Grapeseed oil is light, unscented, and mixes well with other oils and herbs.

Preparation

The easiest way to create your own moisturizer is to add oil to oil. Pick an essential oil with a smell you love (try lavender, rose, or orange), and mix a few drops into grapeseed oil. For a more complex formula, add herbs or citrus—like lavender, rosemary, orange peel, or rose petals—that you can easily dry out in a warm oven (fresh herbs and fruit will cause bacteria growth) and let sit for a few days. Shake before each use.

EYE DOCS

Eye creams aren't one-size-fits-all, so target your main concern.

PROBLEM DARK CIRCLES

Peter Thomas Roth Power K Eye Rescue contains vitamin K to lighten. \$100; peterthomasroth.com



PROBLEM FINE LINES

Fresh Crème Ancienne Eye Cream stimulates collagen with sea buckthorn. \$95; fresh.com



PROBLEM PUFFY EYES

Clinique All About Eyes Serum De-Puffing Eye Massage contains caffeine to reduce swelling. \$26; clinique.com

