

Country Living

August 2008

decorate with color—GO BOLD AND BRIGHT! PG. 92

# COUNTRY LIVING

DECORATING | ANTIQUES | COOKING | CRAFTING | GARDENS

carefree  
summer  
living

Low-fuss cooking, backyard dining

RELAXED STYLE AT HOME

see our new  
look inside!

15  
tips for a  
GREENER  
lawn

COUNTRYLIVING.COM  
AUGUST 2008

\$3.99



AN *easy* BATHROOM  
MAKEOVER PG. 21

LIVING natural beauty

## Sea Salt

THIS COMMON KITCHEN INGREDIENT IS ALSO BENEFICIAL TO THE SKIN.

Therapeutic sea salts are treasured for their high mineral content, which is rich in magnesium, potassium, and calcium chloride. They are mined from former seabeds or evaporated from the seas, most famously the Dead Sea.

**soak or scrub** Dissolved in warm water, sea salts soften skin and are believed to help draw impurities from the body. Scrubs with salt grains exfoliate and smooth rough areas. Be careful using coarse grains on sensitive skin.

**from the dead sea** For centuries people have flocked to the Dead Sea to soak in its restorative waters. The sea, which is composed of 33 percent salt, also has a very high mineral content. **If a trip to the Dead Sea isn't in your future, a bath with Aura Cacia's organic Dead Sea Bath Salts might be the next best thing. Available in a variety of natural fragrances, \$4 per individual packet; auracacia.com.**



### MINTY BODY SCRUB

Country Living's style director, Nicole Esposito Polly, concocted this body scrub to invigorate and moisturize the skin.

*1/2 cup fine sea salt  
2 tablespoons Epsom salts  
3 tablespoons light olive oil  
6 to 8 drops peppermint oil  
1 tablespoon finely chopped mint*

*Combine all ingredients. Apply to moist skin. Scrub and rinse.*



### SALTED SPLENDOR

**REST TIRED TOES** This refreshing foot soak soothes aching feet. The sea salt softens while natural antiseptic tea tree oil conditions tired feet. **TEA TREE OIL FOOT SOAK, \$8; EARTHTHERAPEUTICS.COM.**

**INVIGORATE WITH HEAT** Applied to dry skin, this oil-free scrub with Dead Sea salts and a self-heating gel warms and buffs the skin. Eucalyptus and rosemary essential oils energize. **HOT SALT SCRUB, \$36; BLISSWORLD.COM.**

**CLEANSER AND RESTORE** Health guru Dr. Andrew Weil's scrub combines mineral-rich Japanese sea salts with green tea for a purifying and calming exfoliant. **MATCHA TEA BODY SCRUB, \$45; ORIGINS.COM.**



### BOMBS AWAY

This fizzy bath bomb contains detoxifying sea salts and vitamin-rich seaweed. **Big Blue Bath Bomb, \$6; lushusa.com.**

Bathing in warm, not hot, water will help prevent dry skin. Follow with a moisturizer while skin is still damp.

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