

NATURAL HEALTH

feel good | look good | do good

31 Best SUMMER HEALTH SECRETS

- MAKE ANY WALK A WORKOUT
- NUTRIENT-PACKED SALAD GREENS
- EASY YOGA POSES FOR GREAT SEX

More Energy, Less Stress with Aromatherapy

EASY PICNIC MENUS
(with recipes)

20 outdoor beauty tips p.31

NEW FAT BURNER!
NATURAL & EFFECTIVE

Chemical-Free Ways to Beat Bug Bites

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Holistic Fixes For Aching Feet

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Pain-Free Hair Removal

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Good Moves For Bad Knees

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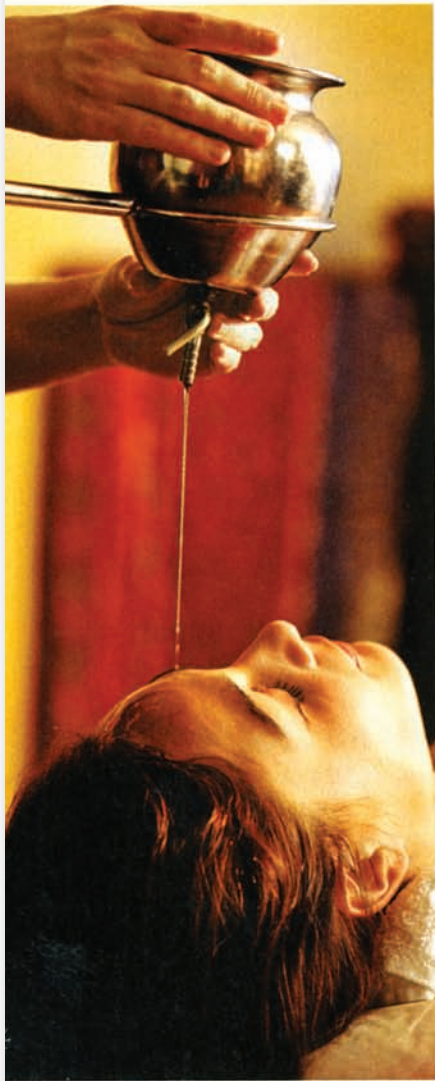
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vital beauty

soothe your scalp



GETTING YOUR scalp massaged with warm oil is an essential part of Ayurvedic hair care. "It stimulates pressure points and releases congested energy in the body," explains Marc Zollicoffer, Global Spa Educator at Aveda. It also feels really good and promotes healthy hair growth, which is why many salons, including Ayurvedic-based Aveda, now offer scalp treatments. Once the massage is finished, the oils are washed out so they never make hair feel greasy or weighed down; in fact, they usually rid hair of buildup from styling products and leave it looking healthier. For an at-home treatment, try the **YAROK TRAVEL KIT** (\$56; www.yarokhair.com), part of Yarok's Sensory Treatment for Hair and Scalp, a line of oils made from organically grown ingredients. —Olessa Pindak



aroma on the go

Aromatherapy is an effective way to heighten energy and reduce stress. In a February 2007 study from the Meikai University School of Dentistry in Japan, participants who inhaled the aroma of either lavender or rosemary essential oils for five minutes showed decreased levels of the stress hormone cortisol in their saliva. Now, with portable aromatherapy products, you can get those benefits on the go. "It's possible to experi-

ence improved energy or decreased stress after as little as five to ten seconds of inhaling," says Ingrid Martin, author of *Aromatherapy for Massage Practitioners* (Lippincott, 2006). Try sniffing any one of these travel products for a boost: [1] **Aromafloria AromaRemedy Memory Boost Inhalation Beads** (\$6; www.aromafloria.com) contain essential oils to increase focus; [2] **you can put any scent in the Aura Cacia Aromatherapy Car Diffuser** (\$11; www.auracacia.com); [3] the

travel-friendly **Lather Aromatherapy Candle Sampler** (\$18; www.lather.com) contains six soy-based essential oil candles; [4] **Fruits & Passion Aromachology Cool-Headed Essential Oil Roll-On** (\$14; www.fruits-passion.com) blends energizing peppermint with relaxing rosemary; [5] the soothing lavender and patchouli in **Heal Thyself Stress Relief Pulse Point Balm** (\$5; www.noahsnaturals.com) aid sleep. —Stacy Adimando

LEARN MORE: To make your own scalp oil, visit www.naturalhealthmag.com for a recipe from Barbara Close, founder of Naturopathica and author of *Pure Skin: Organic Beauty Basics* (Chronicle, 2005).

