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Tammy Fender

## NATURAL BEAUTY

**HOLISTIC SKINCARE EXPERT TAMMY FENDER**  
EXPLAINS THE SECRETS BEHIND HER SUCCESS.

**E**ven as a child living in Washington, D.C., Tammy Fender favored natural living above all else. "I was always drawn to [that lifestyle]," says the holistic aesthetician, now 38, "and I've always coveted products that contribute to clean, healthy living."

However, it wasn't until working behind a cosmetics counter after high school that Fender's interest in natural beauty piqued and she began blending homemade organic concoctions on her kitchen stove.

Fender went on to research holistic medicine, and, in 2003, she created Tammy Fender Holistic Skin Care, a collection of custom-blended botanical formulas infused with herbal ingredients such as Roman chamomile and Bulgarian rose.

Fender says that the natural

ingredients in her formulas—which combine herbs with natural food supplements and essential oils—contain beneficial vitamins and minerals, essential fatty acids and certified-organic plant oils that refresh skin, unclog pores and kill bacteria that synthetic products often leave behind.

"Organically based plant materials are nontoxic to humans," she says of the difference between organic and synthetic skin-care products. "It's that simple."

Each product is freshly prepared in a small batch and used in Fender's signature facials and personalized beauty treatments at her healing center in West Palm Beach. "We've married the best in luxury with the purest of ingredients," she says. (Tammy Fender Holistic Skin Care, 711 N. Flagler Drive, West Palm Beach, 561/659-2229)

### IN YOUR FACE

TAMMY FENDER EXPLAINS HOW THE ESSENTIAL OILS  
USED DURING MANY OF HER FACIAL TREATMENTS  
SOOTHE BOTH THE BODY AND THE MIND.



#### [ rosemary ]

**physical benefits:** stimulates circulation and metabolism, relieves pain in stiff muscles, nourishes all three layers of skin  
**mental benefits:** prevents mood swings, enhances memory, relieves mental fatigue



#### [ lavender ]

**physical benefits:** lowers blood pressure; is a gentle antiseptic for acne, burns and scars; balances oil production  
**mental benefits:** increases energy, promotes peaceful sleep



#### [ lemon ]

**physical benefits:** protects against infections, prevents water retention, refreshes dehydrated skin, repairs broken capillaries  
**mental benefits:** promotes mental clarity, calms emotions



#### [ orange ]

**physical benefits:** helps digestion, enhances glandular functions and tissue regeneration, acts as an antioxidant, strengthens and softens facial tissue  
**mental benefits:** calms nervousness