

LEARN TO MAKE  
OPTIMISM A HABIT

QUICK FIXES  
FOR WINTER SKIN

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BETTER FOR YOU?

WHOLE LIVING

# body + soul

A MARTHA STEWART PUBLICATION

## stay healthy this winter

Natural ways to protect against colds and flu

Essential tricks to beat everyday stress

**+**  
42 foods that  
boost immunity *pg. 76*

*Comfort and Joy*  
How to really savor  
the holidays *pg. 92*

**Mental Clutter?**  
Clear it out now *pg. 52*

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12>



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EDITORS' PICKS

OUR FAVORITE NEW PRODUCTS



**+L'Oréal Bare Naturale Eyeliner and Mascara** These gentle, mineral-based eye definers won't break the bank—or irritate delicate skin. Both products are formulated without parabens and include nourishing naturals such as aloe and vitamin E. \$9.95 each, drugstores, loreal.paris.com

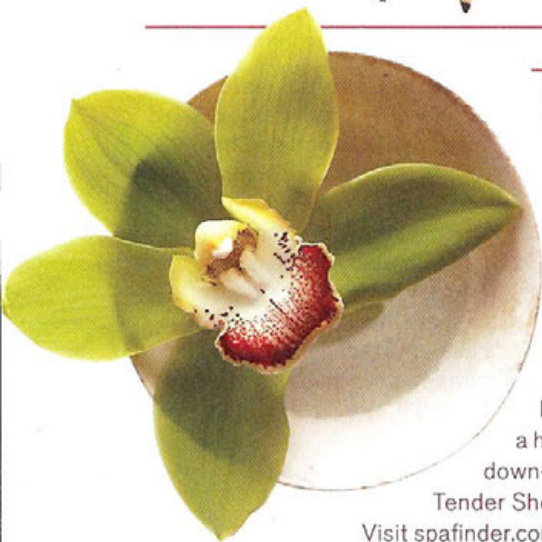


**+Softlips Pure** A USDA-certified organic version of an old standby in six distinctive flavors. \$2.99 each, Target stores, softlips.com



**+Josie Maran Argan Oil Moisturizing Stick** Experience the soothing, skin-healing benefits of argan in a whole new way, with a convenient, spill-proof stick. \$22, josiemaran.cosmetics.com —J.R.

SPA SESSIONS



## Take the Waters

READY FOR A MASSAGE ALTERNATIVE? TRY A WATER-JET-FUELED SHOWER.

At Tucker's Point ([tuckerspointhotelandspa.com](http://tuckerspointhotelandspa.com)), a spa in Bermuda, hydrotherapy comes in two forms: The aquamarine ocean—and the resort's high-tech Silver TAG Shower. In this zen chamber of cobalt tile, water sprays from 18 jets to knead and invigorate your whole body. An aesthetician customizes both the session length (about 10 to 15 minutes) and jet action, designed to stimulate blood flow, release tension, and promote lymphatic drainage. It feels totally natural and soothing, like many hands working on your muscles, with an occasional slosh of water over your head or down your spine. "The water mostly stays close to body temperature, so unlike a hot sauna or tub—both of which prompt a surge of adrenaline before your body calms down—you relax immediately," says Latham Thomas, a hydrotherapy proponent who runs Tender Shoots Wellness in New York. You'll emerge feeling calm, alert, and mildly euphoric. Visit [spafinder.com](http://spafinder.com) and search "hydrotherapy" to find similar treatment options near you. —K.B.

## PROBLEM SOLVER

### Dry, Flaky Skin

Old Man Winter certainly knows how to suck the life out of our skin. Icy wind and cold—coupled with the ill effects of indoor heaters, caffeine, alcohol, and even some laundry detergents—can leave you feeling tight, dry, and scaly. A good moisturizer provides temporary relief, but to really protect the dermis, you need a complete strategy of lifestyle choices and smart products. "Skin is our largest living organ," says Tammy Fender, a holistic aesthetician based in Palm Beach. "It's important to nourish it both internally and externally."

**EAT/DRINK** Dark green, leafy kale has calcium, an essential nutrient for keeping skin supple, says Susan

Ciminelli, author of *The Ciminelli Solution: A 7-Day Plan for Radiant Skin*. Avocados, wild salmon, and walnuts, which contain oils and omega fatty acids, are beneficial, too. And don't forget the best all-around hydrator—water. Try for eight 8-ounce glasses daily.

**AVOID** Alcohol and caffeinated drinks. They act as diuretics and can dehydrate skin.

**CLEANSE** Choose milky lotion, not soap, and use lukewarm—never hot—water. *Tammy Fender Cleansing Milk with Lavender & Fo-Ti*, \$55, [tammyfender.com](http://tammyfender.com); *Annemarie Borlind System Absolute Cleanser*, \$53.99, [borlind.com](http://borlind.com)

**MOISTURIZE** Look for essential oil-infused formulas, which absorb well and benefit skin on both the

face and body. *Susan Ciminelli Hydrating Formula*, \$110, [susan.ciminelli.com](http://susan.ciminelli.com); *Aveeno Active Naturals Daily Moisturizing Lotion*, \$11.49 for 18 oz., drugstores

**TRY** Ciminelli recommends a humidifier during winter, particularly for people in the Northeast and arid Southwest. "A modest, inexpensive model in the room works wonders," she says. —K.B.

#### CLEANSE

Avoid harsh soaps and scorching hot water, which may aggravate skin.



#### MOISTURIZE

A deeply hydrating body lotion and face cream are essential.