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able barrier that can actually clog the skin and lead to breakouts and bacterial infections.

Instead, look for natural moisturizers like shea butter, beeswax, sweet almond oil, jojoba oil, or hempseed oil, all of which actually penetrate the skin. If you're prone to breakouts or bumps on the lips, look for lip balms with antibacterial essential oils like rosemary and mint and avoid camphor because it can dry the lips. Aloe vera soothes chapped skin, and menthol can numb the pain if your lips are severely chapped.

DO-IT-YOURSELF: Mix a dab of honey with a bit of brown sugar. Apply to lips and gently massage back and forth with an old toothbrush. Sugar is a naturally abrasive exfoliant, and honey contains an exfoliating enzyme, as well as a mild antiseptic that kills bacteria and a natural humectant that helps the skin retain moisture.

OR TRY: **Buddha Nose Certified Organic Lip Balm** (\$7, 0.15 oz; buddhanose.com) with hempseed and jojoba oils to soothe and moisturize wind- and sun-chapped skin.

Hyperpigmentation

The spots that speckle your cheeks during pregnancy or splotch your face (or the backs of your hands) as you enter your 40s come as unwelcome guests. Chronic sun exposure, along with major hormonal shifts that occur during pregnancy, perimenopause, and menopause, can trigger excess melanin, which causes hyperpigmentation. And once you've got it, it's hard to get rid of it.

"Traditional treatments like glycolic acids and Retin-A are harsh," says Tourles. "People tend to overuse them, which leads to thinning of the skin, and thin skin is hypersensitive and more susceptible to sun damage." Unhappily, this can lead to more age spots and further hyperpigmentation. (Warning: Don't use these treatments if you're pregnant.)

Protecting your skin from the damaging UV rays of the sun, of course, is key. Use a sunscreen daily—jojoba oil is a natural sunscreen, with an SPF between 10 and 15. To lighten and fade pigmented areas, apply a green papaya mask once or twice a week, and look for

creams with lightening agents like licorice extract, mandarin or tangerine oil, or mulberry extract. Natural remedies for pigmentation problems can take a few months before they start to work, so remain patient.

DO-IT-YOURSELF: Apply plain yogurt to your face three to four times a week. The lactic acid in the yogurt is a natural exfoliant.

OR TRY: **Kimberly Sayer of London Tangerine and Calendula Healing Light Night Cream** (\$32, 2 oz; kimberlysayer.com). The citric acid in the tangerine exfoliates and lightens, while the potent calendula can heal scars, dark marks, and sun damage.

Blotchiness or broken capillaries (cheeks)

For red, flushed, blotchy, sensitive skin, put the blame on heat and sun, alcohol, extremes of temperature, or spicy foods. When the capillaries under the skin's surface dilate, it can result in redness and flushing—"the same things that trigger rosacea," says Picayo.

"In this case, prevention is the best cure." Include omega-3s (anti-inflammatories found in fish oil, flaxseed oil, and walnut oil) in your diet to protect, moisturize, and soothe the skin. Look for face oils, hydrosols, and creams with soothing and hydrating chamomile, lavender, rose, and vitamin K.

DO-IT-YOURSELF: Chill aloe vera gel in the refrigerator. Apply to clean skin like a mask to soothe and calm the skin. Leave on for 10 minutes. Rinse with cool water.

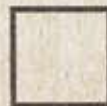
OR TRY: **Tammy Fender Capillary Strengthening Blend**, \$80, 1 oz; tammyfender.com. It is 100 percent organic and contains EFAS, along with chamomile, neroli and rose oils to strengthen capillaries, and carrot seed oil to stimulate growth of new cells. ■

RONA BERG is the author of *Beauty: The New Basics and Fast Beauty: 1,000 Quick Fixes* (Workman Publishing).

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