

Here Comes The

# SUN

DIDIER GAULT

by Cristina Migliaccio

The sun's out. The temperature's heating up. And the clothes are coming off. We're all set to display our skin in all its glory. We march off to buy *the* ideal bathing suit of the season: Hmm, maybe it's the dressing room's fluorescent lighting, but were those spider veins and cellulite dimples there last summer? Okay, so maybe we're not quite so ready. But with a little natural damage control, we'll be picture perfect in no time.

Beauty isn't all about the physical. Your "glow" comes as much from well-kept skin as from inner harmony. Stay positive, laugh, and remember it's summer! Take time out to enjoy it — stroll on the beach, meditate a bit more, or grow some new plants. But, back to the outer you: All of this means wearing sunblock, drinking lots of water, eating healthy, and exercising — more ways to keep skin robust! As for the plethora of products you might try, keep in mind that the active ingredients may become less effective over time. If you don't see an expiration date on the label, inquire about it. Ready, set, go tackle your skin woes!

## FRECKLE FREEDOM

Yes, freckles are beautiful. But sunning for even a few hours can give you more brownish marks than you bargained for. The ultraviolet rays make them look not only darker but like they've multiplied. Just to make sure we're on the same wavelength: True freckles *are* pretty harmless, but *aren't* raised bumps (i.e. moles) or toughened skin (i.e. sun spots). Zero sun exposure is the only fool-proof remedy to keep them completely at bay. But if that's unacceptable, don the sunscreen, and try one of these treatments.

**Home Spa Solution:** Lemon juice or buttermilk. For day, Janice Cox, author of *Natural Beauty From the Garden* (Henry Holt), suggests applying a thin layer of lemon juice with a cotton ball. Follow with a moisturizer. For night, swab a thin layer of buttermilk onto freckles. Wash off in the morning. Fading time varies, but you should start seeing results in about eight weeks.

**Creamy Remedy:** Naturopathica Botanical Skin Brightener (\$38 for 2 oz.). Look for products with good whitening agents, such as uva-ursi (a burberry enzyme) and kojic acid (a natural bleach). Unfortunately, they don't zap freckles into oblivion. Once you stop using them, the marks will probably reappear. Use the products for at least two weeks to see results. Others to try: NuSkin Skin Brightening Complex (\$17.50 for .5 oz.); D'Arcy Skin Lightening Cream (\$35 for 2 oz.).

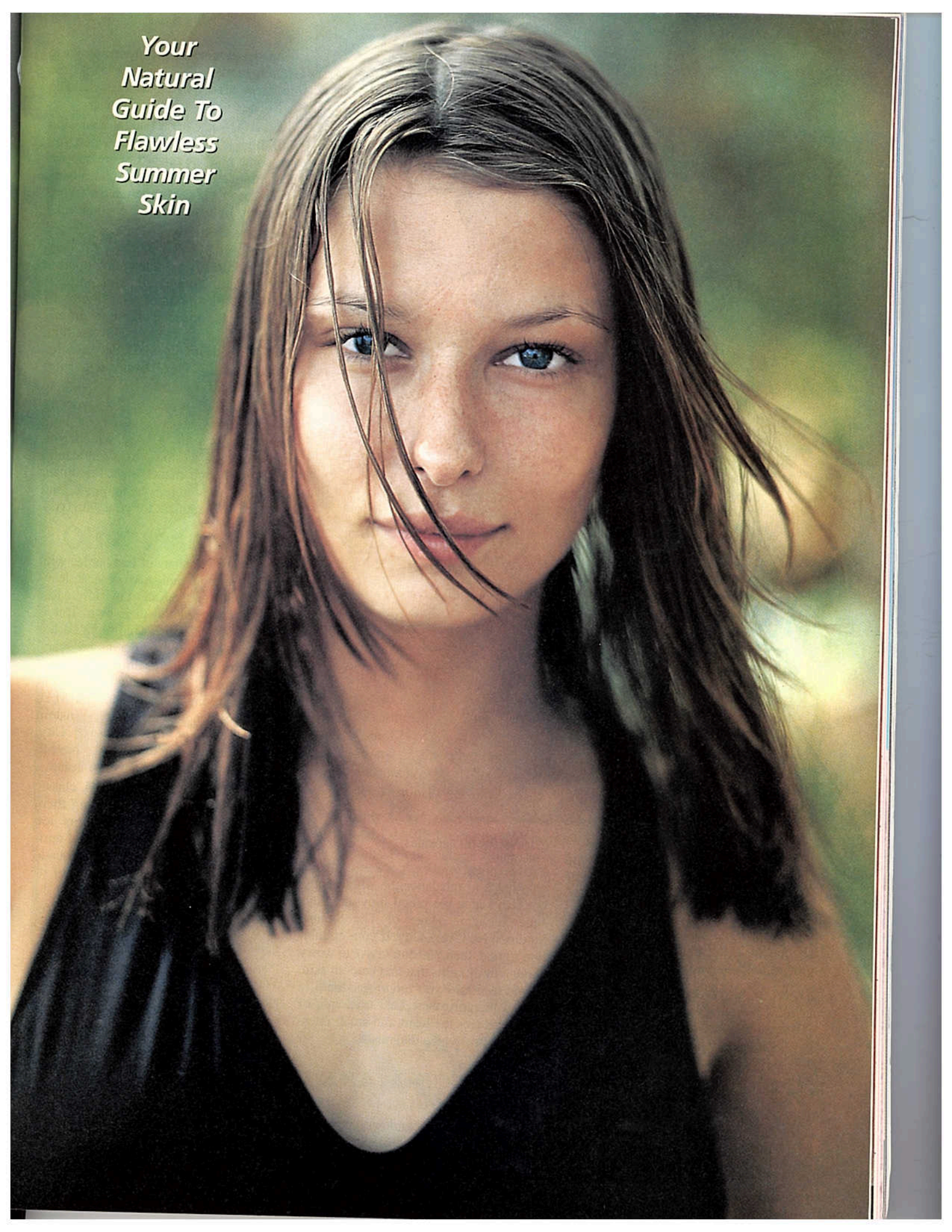
## VEIN VICTORY

Weight gain, hormonal changes, standing for long periods of time, or simply genetics may be the reason for those icky varicose veins. When blood collects in an area because of poor circulation, vessels become swollen and distorted. They usually start out as annoying spider veins, which are smaller, red, and don't swell the surface of the skin, but can gradually become more pronounced.

**Home Spa Solution:** Comfortable warm baths. "People with varicose veins should avoid



*Your  
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stressing their bodies with extremes," says Tamara Friedman, owner of Tamara Institut De Beauté in Farmington Hills, Mich. So avoid boiling hot or icy cold water. Keep your feet propped up while you're soaking. Of course, drink lots of temperate liquids to help the body function properly.

**Supplement remedy:** Nature's Life Horse Chestnut Seed Extract (\$9.95 for 50 capsules). A study from the *Archives of Dermatology* showed that taking 100-140 mg of horse chestnut seed extract everyday for two months reduced the swelling, itching, and pain of varicose veins. Others to try: Sundown Herbals Vein Guard Horse Chestnut (about \$6 for 60 capsules); Pharmaton Venestat

(\$15.99 for 60 capsules).

**Professional method:** Shiatsu. "It not only helps to rebalance the whole body, but also keeps the blood moving," says Julie Tersigni, owner of The Shiatsu Studio in New York City. If your circulation's good, then you don't have to worry about bumpy veins that mar smooth skin. If you're afraid you *might* get them, a shiatsu therapist can check a couple of meridians (for the heart and small intestine) and give you a diagnosis.

## STRETCH MARK HEALING

Rapid growth spurts and sudden weight gain cause elastin and collagen fibers to

distend and break, resulting in annoying stretch marks. The good news: These harmless marks will fade in time. The bad: They never totally disappear.

**Preventative:** Cocoa butter. Your skin will think it's gone to heaven when you rub some on. The reward: more supple, accommodating skin that bounces back much faster. If cocoa butter isn't your thing, try light sesame or coconut oil.

**Creamy Remedy:** Mustela Stretch Marks Double Action (\$32 for 6.8 oz.). If you've already got a few, don't panic. Soy protein, borage oil, and antioxidants will all stimulate collagen growth to help make these marks less prominent. Others to try: Naturopathica Borage Seed Stretch Mark Oil (\$16 for 4 oz.); Jason A-Plex3 Butter with vitamin E (\$6.50 for 2 oz.).

**Professional method:** Ultra-strong alpha-hydroxy acids. You'll need high concentrations of AHAs, which you can't buy in a store, to significantly diminish stretch marks, says Friedman. Spas will customize the strength and blend of the treatment for your skin type.

## SCAR ZAPPERS

We all have our share of lost battles with unseen furniture and sharp objects, leaving us with gouged and cut skin. Most wounds disappear on their own. But if you're accident prone, you might be left with keloids, raised or depressed scars. They form when the healing process gets messed up, i.e. excess collagen settles in the wound, says Diane Madfes, M.D., clinical instructor at Albert Einstein Medical College in New York City. Luckily, keloids don't necessarily have to be worn as permanent badges of honor.

**Preventative:** Vitamin E oil. A classic cure for fading scars and helping them heal is this emollient. If this is too sticky for you, mix it with a bit of apricot kernel or light sesame oil. Avocado oil is also a good choice because of its high vitamin E content.

**Creamy Remedy:** Mederma (\$30 for 1.76 oz.). The onion extract in these gels is purported to help scars disappear, but takes time, up to 3-6 months. Warning: The extract is an allergen for some people. Or try Derma E Scar Gel (\$19.95 for 2 oz.).

**Professional method:** Comfrey root poultice. "Comfrey is known to help grow new cells and is great for all types of healed wounds," says Arcus Flynn, owner of Flynn's School of Herbology in New York City. Try this recipe, based on her Antibiotic Ointment: Boil water,



# BODY PARTS

We all know that each of us has specific skin "types" for our face: dry, normal, oily, or combination. But different areas of the body have specific "types" too. For example, "the torso has a lot more oil glands than the arms and legs," says Mary Ruth Buchness, M.D., chief of dermatology at St. Vincent's Hospital and Medical Center in New York City. In other words, slathering the same moisturizer from head to toe won't yield optimal results. To keep your skin comfortable and healthy as the humidity heats up, follow these guidelines.

PART	SKIN TYPE	SOLUTION
Upper Chest, Back & Shoulders	Normal to Oily	Consider this area an extension of your face, and handle with care! If your skin's the normal kind, use your facial cleanser for this area to maximize its luminescence. If you're getting annoying pimples on your chest and back, try this old Indian remedy for oily skin: Mix plain yogurt with some bajra grain (sold at Indian food stores). Keep the mixture at a creamy, dense consistency. Apply, and let dry until it starts crumbling off. Rinse. Or use a gentle product containing salicylic acid. Follow with witch hazel, an astringent, on a cotton swab.
Stomach	Normal	We tend to forget to take care of this area — especially since we can cover it up in one-piece swimsuits. Keep your tummy twinkling with a little TLC: Scrub with a gentle natural exfoliator, like Epoch Polish Bar (\$12.25 for 3.4 oz.). Rub on Burt's Beeswax Moisturizing Creme (\$12 for 2 oz.).
Arms	Normal to Dry (especially those elbows!)	A regular body moisturizer is enough to keep normal skin supple. But if you have the dry variety, try this spa-like remedy, inspired by the Body Polish treatment at The Spa at Saddlebrook Resort in Tampa, Fla. Pour some Bath and Body Works Stress Relief Body Polisher (\$10 for 14 oz.) onto a loofah and attack "back of arm" bumps and scaly skin. Follow with a heavy-duty moisturizer that traps water into the skin, like Bath and Body Works Stress Relief Body Lotion (\$10 for 9 oz.).
Legs	Normal to Dry (think knees)	Like the arms, normal skin can look good with any quality moisturizing lotion. But for the dry: Exfoliation is the key to keeping skin radiant. Also try taking occasional showers using olive oil as your cleanser, keeping oil away from eyes and other sensitive areas. It'll leave your gams feeling silky-smooth for weeks.

and add enough powdered comfrey root to make a little mud pie. Place the pie into a small cloth bag. Let cool slightly, and apply to scar for 15-20 minutes.

## CELLULITE HELP

Unfortunately for females, 80-90% of us will develop cellulite after puberty whether we're overweight or not, says

Diana L. Howard, Ph.D., vice president of technical development at Dermalogica. Even the slimmest, fittest women are susceptible. Don't get depressed. A regimen including exercise and a healthy diet will help decrease cellulite formation. And we've found some other ways to help you diminish those dimples.

**Home Spa Solution:** Aromatherapy. Essential oils can help improve circulation and lymphatic drainage. (Spas have been using them for years with different treatments.) Lavender, lemon, cypress, and juniper are all effective. Try this recipe from Valerie Gennari Cooksley, author of *Aromatherapy* (Prentice Hall): Mix 10 drops each juniper and lavender essential oils, 30 drops each cypress and lemon essential oils, and 1 tablespoon distilled witch hazel lotion. Add mixture to 6 ounces of unscented lotion (not made with mineral oil). Mix well, and massage onto cellulite-prone areas.

**Creamy Remedy:** Dermalogica Streamlining Body Toner (\$23 for 7.5 oz.). The  
(Continued on page 95)



## Reduce the Appearance of Scars with Derma E Scar Gel

Derma E Scar Gel uses a unique combination of botanical extracts that soften smooth and help diminish the appearance of scars in a greaseless, pleasant smelling gel.

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## HERE COMES THE SUN

Continued from page 52

ingredients in these creams (the plant derivatives caffeine, theophylline, and theanine) are reputed to increase lipase activity, which means less cellulite via accelerated fat breakdown. Experts disagree on how effective they are. But there's some evidence they work. Others to try: Bees Cellulite Creme (\$12 for 3.5 oz.) and Clarins Body Lift 2000 (\$46 for 7 oz.).

**Professional method:** Manual Lymph Drainage (MLD). It's perfect because it helps to rid the body of lymph fluids without increasing the blood flow which aggravates cellulite, says Dr. Howard. Going for treatments twice a week daily (for faster results) should show significant improvements. Mara Stern at Spa in New York City recommends going at least six treatments, one every two days. The catch: It's high maintenance — you have to keep going back to get appearances up.

## SOOTHING IT OUT

Thanks to sun damage, gravity, and a natural decrease in facial fat as we grow older, you might begin seeing signs of aging on your feet and smile lines when you look in the mirror? Personally, I think they add character. However, if you don't buy that as a wrinkle wrestling match we think you might win.

**Spa Solution:** Homemade exfoliating — letting rid of dead skin cells is the best way to bring your best face forward. Try this gentle recipe from Catherine Bardey, author of *Secrets of the Spas* (Black Dog & Leventhal): Finely grind 1/2 cup oatmeal, 1 to 2 tablespoons of honey and 1/4 cup yogurt. Mix until the consistency is paste-like. Smooth on face and neck, and leave for 15 minutes. Rinse. Use it in the morning for all-day dewiness.

**My Remedy:** Kieh!l's Ultra Protection Cream and Sunscreen SPF 18 (\$22.50 for 1.7 oz.). Feed your face. Antioxidant creams with retinoid derivatives are great wrinkle erasers. Over time, they help to stimulate elastin fibers to keep skin smooth. Products to try: Bath and Body Works Face Lift Retinol Cream (\$12 for 1 oz.); Neutrogena Without Cruelty Vitamin C Eye Cream (\$24.95 for 1 oz.).

**Professional method:** Resurfacing treatments. Traditionally, we think of glycolic acid. Now there are newer, milder exfoliating methods to round out the wrinkle-battling arsenal. Different spas offer their own version, natural options instead, like using lactic acid-based peels. Calculate how much you want done, what time you have to spare, and pick your weapon.

**Whatever** method you use to get your perfect summer skin, don't

forget to have a little fun in the sun. Try adopting the European self-love disposition: Accept your body for what it is — human, and not so perfect. And then, take care of your skin naturally. You'll feel more comfortable in that sleeveless shirt or swimsuit, or even baring it all! ✨

## KID STUFF

Continued from page 64

page 56. \$8 for 2.5 oz. 800-849-7112.

Weleda **Diaper-Care**. A must-have for diaper rashes, this combination of almond oil, lanolin, beeswax, and extracts of calendula and chamomile flowers offers quick relief from skin irritations. \$6.95 for 1.4 oz. 800-241-1030.

The Baby Lane **Inkibabe Flushable Liners**. Made from wood pulp, they're fully biodegradable, super absorbent, and hydrogen peroxide bleached. \$4.95 for 80 sheets. 888-387-0019.

Mustela **PhysiObébé No Rinse Cleansing**. Great for times when a water source isn't nearby. A no-rinse formula made with allantoin (an aloe vera leaf extract). \$12.50 for 10 oz. Also try their **Extra Thick Cleansing Cloths**, soaked in a vegetable-based lotion. \$7.50 for a box of 100. 800-422-2987.

The Baby Lane **Prefold 100% Chinese Cotton Diapers**. Diaper service quality at a much more affordable price. The double strength of the prefold makes for less leaks, and less hassle. \$18.50-\$31 per dozen, depending on baby's weight. 888-387-0019.

## GIFT SETS

Baby Bee **"Getting Started" Kit**. Includes mini-containers of Skin Creme, Buttermilk Bath, Diaper Ointment, Dusting Powder, Apricot Baby Oil, and two Buttermilk Soaps in a clear plastic bag. \$11. 800-849-7112.

Origins **Newborn Gift Set**. Create your own gift with any of their baby products. Price depends on your selections and includes a basket that's topped off with a cute ribbon. 800-ORIGINS.

Naturopathica **Baby Care Box**. Includes full-sized containers of Gentle Baby Wash for Body and Hair, Comfrey Diaper Care Cream, Relaxing Baby Massage and Bath Oil, Baby Massage Guide, and Terry Cloth Bath Mitt. \$65. 800-669-7618.

Healthy Times **Baby's Herbal Garden Bathtime Gift Collection**. Includes Honeysuckle Baby Bath, Sweet Violet Lotion, Sunflower Baby Bar, Aloe & Chamomile Baby Bar, Organic Cotton Wash Cloth. \$19.90. 619-513-1550.

**Spa Time Baby Gift**. Includes Fussy Time bath aromatherapy, Baby Massage oil (pictured on page 56), Baby Wash,

Baby Bathers gloves for mom or dad, Baby Wrap hooded towel, and Baby Mozart CD in a keepsake box. \$80. 877-4-BABY-SPA.

## WATER WORKS

Continued from page 78

massage therapist, joined me in the tank. She began by rubbing my feet. Then maneuvering behind and partially beneath me, she used her arms, hands, and legs to support my back and neck. "This is different from a regular massage. Since there is no surface under you, I have to use my body weight for support," she explained, observing that when she and the solution cradle the body, clients often feel like they've returned to the womb. As she stretched me, my vertebrae seemed to realign perfectly. Her gentle hands felt nurturing and healing. After an hour long underwater massage, I emerged energized, with clear sinuses and silky skin — and a true believer in water's healing properties.

## HOW CAN I USE IT AT HOME?

■ No need to go to a pro. Everyone has access to water and can perform simple hydrotherapy at home. Experts are split on the dangers of doing this. Some say there are none; others say pregnant women and those with high blood pressure should avoid hot water cures. Your best bet: Consult your healer before self-treatment.

● **For sinus problems:** Apply a hot compress over the affected area for three minutes, followed by a cold one for 30 seconds. Or inhale hot steam: Boil a quart of water. Add a few drops of eucalyptus oil. Cover your head with a towel, and breathe in.

● **For muscle strains and sprains:** Dr. White recommends applying cold packs to reduce inflammation for up to 72 hours after an injury. Then alternate between hot and cold compresses. Start with the hot; apply for three minutes. Follow with an icy one for 30 seconds. Repeat three times.

● **To detox and relax:** In her book *Inspirations* (self-published), Dr. Goldberg recommends pouring two pounds of Epsom salts into a tub. Soak for 20 minutes, once a week.

Water's mystical properties have been touted since the beginning of time. It's one of Earth's most abundant elements and a powerful force of nature. Essential for life, the liquid should be tapped for its healing abilities. After all, hydrotherapy at home is easy, inexpensive, and works. Since you can't always splurge on a spa service, next time you're in need, turn to your sink, tub, or shower. I know I will. ✨

To find a spa that offers hydrotherapy, contact Spa Finders ([www.spafinders.com](http://www.spafinders.com)). For a naturopathic doctor near you, who provides these services, the National Association of Naturopaths ([www.naturopathic.org](http://www.naturopathic.org)) can provide you with a referral.

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