

## Affordable Luxury

There's nothing like the madness of the holidays to make even the most Zen-minded of us want to run for cover. Maybe under the bed. Or under a rock. Better yet, under a tubful of bubbles at a luxurious spa in the beautiful Sonoma wine country. Not in your budget this year? Each of the Sonoma Soap Company's all-natural, mild and super-effective products delivers the luxury of a spa from the comfort of your home. All of their shampoos, conditioners, soaps, lotions, shower gels, shave creams and bubble baths are paraben- and phthalate-free, have no artificial colors or fragrances, and come in recycled and recyclable packaging.

Come to think of it, they say it's better to give than to receive, so wouldn't it be nice if you could give every loved one on your holi-



day shopping list a taste of Sonoma? With each product priced below \$10, sharing each of the Sonoma Soap Company's three natural aroma blends is a piece of fruitcake. For a stressed coworker: invigorating Citrus Medley, a blend of pink grapefruit, sweet orange and green tangerine. For your uptight mother-in-law: relaxing Lavender Reserve, with lavender oil, lemon oil and blue cedarwood. And for just about anyone: refreshing

First Crush, with grape seed, red raspberry and green apple.

And don't forget yourself while you're at it. Step away from the wrapping paper and indulge yourself with a long shower or soak that will pamper and nourish your hair and body from head to toe. You deserve it; you were good this year.

[www.sonomasoapcompany.com](http://www.sonomasoapcompany.com)

## Government Approved Natural Body Lotion!

YES! The USDA is going green. Testing has been completed and Eczema Shea Butter Lotion by Botanical Skin Works is approved. With a bio-based content of 94%, there is now objective, independent, government approved testing to validate and complement the multitude of customer testimonials.

Eczema Shea Butter lotion is effective and made with the highest quality Fair Trade organic ingredients. Free of chemicals, irritants, and synthetic compounds, Eczema Shea Butter lotion contains Organic Aloe Vera, Raw Shea Butter, Avocado Oil, MSM, Comfrey, and other skin healthy ingredients. Particularly active is Patchouli, producing a light scent that dissipates shortly after application. No therapeutic expense has been spared.



**Don't have eczema?** This body lotion is excellent for dry, itchy skin as well as psoriasis, chapped, or scaly skin. The formula is easily absorbed, non-greasy, and provides hydration all day. If you're serious about moisturizing your skin, alleviating eczema and dry skin, or just being good to your skin, you have found your body lotion. If you've been disappointed by claims of supposed "natural" products finding them neither natural nor effective, your search is over:

Customers have long relied on our products to deliver; now so does the government. The infant version, Baby Eczema Cream, contains only natural ingredients approved for babies.

Satisfaction is guaranteed and now through May 31, 2010, receive 20% off your purchase of Eczema Shea Butter Lotion when using coupon code "yoga". For products that nourish the skin and soothe the soul, visit:

[www.botanicalworks.com](http://www.botanicalworks.com)



## Dreaming Of A White... Tea Treatment?

Do you wish you could give the gift of youth? Treat your loved one to Skin 2 Skin Care's Anti-Aging 101 Gift Set this holiday season.

A trio of the best in anti-aging skin care, each Anti-Aging 101 Gift Set includes:

- One gentle, yet effective White Tea Anti-Aging Face Wash to cleanse away daily grime
- Anti-Aging Revitalizing Eye Gel, an intensive treatment that reduces eye puffiness and brightens skin tone
- and the unsurpassed Aging Intervention Cream to visibly improve the surface area of the skin.

With this complete set your loved one will reap the benefits of an all-natural ingredient line up that fights fine lines and wrinkles.

The Anti-Aging 101 Gift Set has a retail price of \$163 at

[www.skin2skincare.com](http://www.skin2skincare.com)

## Wizard Stuff From Oz

Stem Organics Gentle Cleansing Milk is full of plants wild grown in the Australian outback! This gentle cleanser features not only powerful age-fighting, polyphenol-rich pomegranate but also one of the world's highest plant source of antioxidant vitamin C – Kakadu Plum.



Deeply clean your face without stripping your skin of its natural oils. A great cleanser that removes dirt, dead skin cells and pollutants. Gentle Cleansing Milk is a pH-balanced milk that effectively removes the day's grime or makeup, while leaving your skin soft and calm. Feel healthier and relax knowing you're cleansing your skin with organic ingredients, and avoiding harsh detergent based cleansers. Featuring organic jojoba which assists with cleansing without making the skin greasy; the soothing properties of organic aloe that help skin with healing; the calming organic chamomile to provide anti-inflammatory properties; and organic echinacea for promoting cell renewal.

1% of the proceeds of your purchase will be donated to the Environmental Defense Fund.

[www.theorganicapple.com](http://www.theorganicapple.com)

## Hydration, Hydration... HYDROxtreme!

What's the first step toward achieving skin that appears youthful, smooth and vibrant? Hydration of course!

HYDROxtreme Cream from Underology Skin Care combines the highest concentration of Hyaluronic Acid and Squalane, two effective hydrating components bound together with a technology based on the "Hydraconcept", a moisturizing and restructuring efficacy achieved by the harmonization of the skin's hydrous flow.

This technology improves water reserves and limits water loss. Result? More balanced, smoothed and hydrated skin that is better equipped to combat harmful effects of the environment that your skin is exposed to daily.



Hyaluronic Acid plays an important role in tissue hydration, lubrication and cellular function. It acts as a water pump for the skin, holding 1000 times its weight in water – increasing smoothness, softening and decreasing wrinkles,

and is scientifically proven to stimulate new cell growth.

Squalane is derived from olive oil and has a molecular structure similar to vitamin A. It is a natural component of children's and adolescents' skin. As we enter our 20s the amount rapidly decreases. Squalane

not only moisturizes the skin but provides a barrier to prevent moisture loss. A proven powerful moisturizer; it helps to decrease dryness and smooth away dry, flaky skin.

HYDROxtreme provides powerful benefit with a short ingredient list. (1oz – \$48)

[www.UNDEROLOGY.com](http://www.UNDEROLOGY.com)

Promotion Code: YOGA for 15% off.

## Naturally Beautiful

There are many "natural" products on the market these days, but one brand stands out from the rest. That is Paul Penders. This fine line of skin-care, hair care, body care, baby care and makeup has been in existence for the past 40 years. The signature LevensESSENTIE Gold™ concentrated herbal extracts in all the products are carefully grown and harvested on Malaysian rainforest island Langkawi Geopark. The company is highly ethical and innovative in formulating their product lines. Mass-produced cosmetics typically use heat-processing, which destroys many bio-active ingredients. The Paul Penders Company has developed an exclusive Cold-Blended processing technology whereby products are made in small batches and are not heated above 35°C, thus all bio-active ingredients



remain at full strength.

All these organic cosmetics contain certified organic herbs in a base of plant waxes, plant oils, or a base powder without talc, enriched with vitamins and ceramides. The mineral makeup's natural SPF provides UVB and UVA protection, and the products are good for sensitive skin and do not block pores.

Paul Penders Time Release Shampoo is a unique approach to washing the hair; based on organic olive oil as a cleansing agent: the shampoo foams only minimally when applied to the scalp. After water is added it "breaks open" to release a gentle cleansing foam that ensures shiny hair and a clean, healthy scalp.

This is why Paul Penders skin care, body care, hair care, make up and baby care products offer such effective and powerful results.

[www.paulpenders.com](http://www.paulpenders.com)