

50 TIPS FOR A GREENER,
CLEANER HOME

GUILTY PLEASURES
THAT ARE GOOD FOR YOU

THE SECRET TO
SMARTER DECISIONS

WHOLE LIVING

body + soul

A MARTHA STEWART PUBLICATION

Rev Up Your Snacks!

DELICIOUS, HEALTHY
MINI MEALS FOR
ALL-DAY ENERGY

FEEL BETTER
INSTANTLY

32

WAYS TO
BOOST YOUR
MOOD
NATURALLY



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WIN \$150 IN YOGA PRODUCTS! p.18

rejuvenate



CALCIUM

Calcium is important not only for strong bones but for healthy skin: It's an essential skin mineral that we lose as we age. Applying micronized calcium topically strengthens and protects the skin's barrier.



+ **Lancôme Platinéum Hydroxy(a)-Calcium Extra Riche** contains ginseng and purified yeast to restore moisture and skin density. \$125; lancome.com



+ **Payot Design Lift Riche** is made with calcium and a rice extract to fight deep wrinkles. \$89; 3graces.com



+ **L'Oréal Ideal Skin Genesis Complexion Equalizer** features calcium and pink tourmaline to balance skin tone. \$20; drugstores



Bar Basics

Use a bar soap? On your face? Stay with us here: Facial soaps have a reputation for being harsh and drying, but the new generation is just as softening as liquid cleansers. "Bar soap got a bad rap when liquids became popular, but you can just as easily put moisturizers into a bar as into a liquid," says Jeannette Graf, M.D., assistant clinical professor of dermatology at Mount Sinai School of Medicine in New York City. Bars also have a smaller ecological footprint than liquids: They have simpler packaging and are lighter in weight (so they're easier to ship). Try (top to bottom): **Wonderbar**, \$40; wonderbarusa.com. **Clarins Gentle Beauty Soap**, \$15; clarins.com. **MD Skincare Botanical Cleansing Bar**, \$24; mdskinicare.com.

PROBLEM SOLVER

Nail It

Winter wreaks all kinds of havoc on our skin, right down to the cuticles: "One of the biggest cuticle destroyers is constantly taking gloves on and off," says Diane Madfes, M.D., a clinical dermatologist in New York City. "That physical trauma builds up over time and leads to cracked and dried-out cuticles." Dry

indoor heat and cold winter winds don't help either, so right now your fingertips could probably use a little spa treatment. "Moisturize cuticles every eight hours and keep nails short," Madfes says. Long nails catch on things, which lifts the nail off the nail bed and weakens it, so keep yours trimmed for optimal strength.



OIL

SpaRitual Cuti-Cocktail Nail & Cuticle Oil, \$15; skinstore.com

BALM

Grounded in Nature Moisturizing Cuticle Cream, \$5; dionisoap.com



GEL

Sally Hansen Massaging Cuticle Treatment, \$10; drugstores

