

+ EFFORTLESS SUMMER BEAUTY ALL-NATURAL PROTECTION FOR SKIN AND HAIR
DRINK TO YOUR HEALTH: DELICIOUS SUMMER MOCKTAILS WITH ANTIOXIDANT POWER!

whole living

body + soul in balance

Zucchini "Pasta" with Garlic and Tomato pg. 101



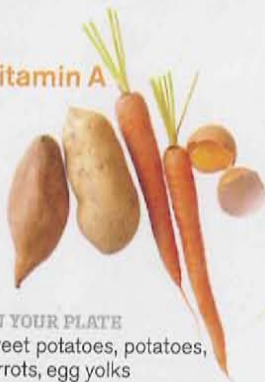
fresh, quick, healthy, raw!

THE FEEL-GREAT DIET THAT EVERYONE IS TALKING ABOUT (GET HOOKED ON UNCOOKED)

BEAUTY BY THE (VITAMIN) LETTERS

It was only a matter of time before vitamin D joined its nutrient brethren in jumping from kitchen to bathroom. Here's how to work the top skin-loving vitamins into your diet—and onto your face.

Vitamin A



ON YOUR PLATE
sweet potatoes, potatoes, carrots, egg yolks

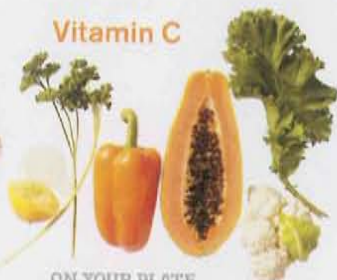
BENEFITS
Improves skin texture and reduces age spots

ON YOUR FACE
Olay Anti-Wrinkle Mature Skin Enriching UV Lotion

contains pro-vitamin A (beta-carotene), which turns into vitamin A when absorbed by the skin. \$14, drugstore.com



Vitamin C



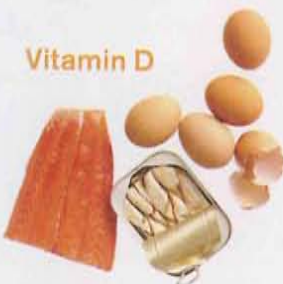
ON YOUR PLATE
lemon, parsley, bell peppers, papaya, kale, cauliflower

BENEFITS
Key to the production of collagen, the support structure that keeps skin firm

ON YOUR FACE
Jason C Effects Anti-Wrinkle Day Lotion SPF 30 Sunscreen has both SPF and vitamin C to protect skin from harmful rays. \$16, jason-natural.com for stores



Vitamin D



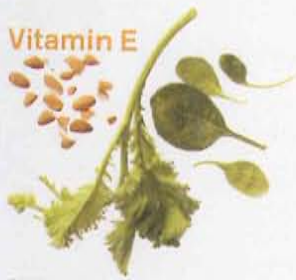
ON YOUR PLATE
fatty fish, including salmon and sardines; eggs

BENEFITS
Stabilizes cell growth and boosts healing and immunity

ON YOUR FACE
Dr. Dennis Gross Skincare Alpha Beta Glow Pads are self-tanners with vitamin D and DHA to improve skin and make color last. \$32 for 20, dgskincare.com



Vitamin E



ON YOUR PLATE
almonds; leafy greens such as mustard and spinach

BENEFITS
Helps protect and repair skin, as well as reduce redness and irritation

ON YOUR FACE
Derma E Vitamin E 12,000 IU Deep Moisturizing Crème is a rich moisturizer that's especially good for dry patches. \$13, dermae.com



TEAM TRYOUTS

SPRAY MISTY FOR ME

On the beach or between tennis sets, cool off parched skin with a face spray. For an icy blast, store it in the fridge.



The Body Shop Vitamin C Energizing Face Spritz "is like the zest from an orange," says art director Nicolette. \$18, thebodyshop-usa.com



Skin Organics Cucumber Sage Balancing Mist is cool and clean, "like A/C in a bottle," says senior editor Terri. \$13, skinorganicsaw.com



Tata Harper Hydrating Floral Essence "smells like a field of flowers and could work as a light perfume," says senior editor Sarah. \$65, spacenk.com



Jurlique Rosewater Balancing Mist "has a delicate, refreshing scent and instantly soothed my skin," says associate editor Lindsay. \$21, jurlique.com

