

Better Nutrition

April 2008

THE SHOPPING MAGAZINE FOR NATURAL LIVING

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## SPECIAL BEAUTY ISSUE

from **SCRUBS** to **SERUMS**,  
the ultimate spring  
renewal guide

82 announcing the **best of beauty awards winners!**  
**natural & organic** product reviews

*face-lift in a  
pill? see p. 48*

# best of beauty awards winners 2008

These 62 fantastic products really capture and deliver

Who among us upon finding that just when you discover it went to scream it five days, post it online, best when he wrote, As many shoppers ideal product can be especially when it on You want something harmful chemicals it works. And the same packaged scrubs, bath soaking—even for. We've come up with these common household natural beauty that a bad job to be extensive arrays with product retailers not over line of beauty & what products—don't loved. Once you try it pleased and ready to

Photograph by John Hill

Salt from the Pacific Ocean blended with tropical nut oils and invigorating citrus makes **Alba Botanica Sea Salt Body Scrub** a standout natural scrub. It exfoliates, detoxifies, and moisturizes leaving a fresh, healthy glow.

### BEST BATH PRODUCTS

Melt away your worries with **Queen Helene Baththerapy in Lavender**. These easy-to-use tablets contain natural minerals that create a spa-style bath you can enjoy in your own tub.

Need a moment to yourself? You can escape and help heal your body at the same time. **Masada Dead Sea Mineral Herb Spa Salts, Women Only**, are infused with natural healing herbs and truly heavenly aromatic essences of ylang-ylang and rose geranium. If this doesn't lift your spirits and help you unwind, nothing will.

What really impressed us about **Aura Cacia Tranquility Bubble Bath** is that this beautifully packaged product is made from all-natural ingredients, including 100 percent pure essential oils, which provide aromatherapy benefits for mind, body, and spirit. Let it take you away.

### BEST BODY LOTIONS

Light, lovely and perfect for everyday use. That's how we would describe **Home Health Goji Hand & Body Lotion**. It works so well to nourish, hydrate, and protect skin—and it offers great antioxidant protection with the addition of goji berry.

For chronic dry skin, borage oil can't be beat. **ShiKai Borage Dry Skin Therapy Lotion** penetrates deep into the skin and causes cells to retain more moisture, resulting in a healthier look and feel. We found ourselves stocking up on the travel-size version—we didn't want to be stuck anywhere without this comforting cream.

Deeply nourishing, **Weleda Skin Food Lotion** literally feeds dry and damaged skin the nutrients it needs most. And its blend of lavender, rosemary, and sweet orange oils refresh the senses.

cruelty-free botanical ingredients. It's so gentle that even those with color-treated hair will find it safe. Best of all, the floral scent makes you feel like you're in a garden.

The henna in **ShiKai Henna Gold Shampoo** makes natural or treated hair shimmer, which means you can have natural highlights without all the time and money.

Great as an everyday conditioner, **Giovanni Cosmetics Smooth as Silk Conditioner** protects hair (and even hair color) while adding volume, shine, and a finish you can see and feel.

Natural and botanically rich **Lamas Beauty Soy Balancing Conditioner** revitalizes hair proteins with super-nourishing soy. It works on every hair type to restore a healthy look and feel to tresses. If you hair is really dry and/or damaged, you'll notice an immediate difference with this product.

## hair

### BEST SHAMPOOS & CONDITIONERS

For all types of hair, **Nature's Gate Herbal Daily Cleansing Shampoo** gently washes away buildup using environmentally friendly and

### BEST HAIR TREATMENTS & HAIR COLOR

Our testers found that symptoms of dandruff, scalp dermatitis, and mild psoriasis diminished after using **Jason**

