



# ready, set, shop

New products to help you de-stress, soothe dry skin, save your smile—and clean your house with a holiday twist



Add Chill Pill (lavender and Roman chamomile) or Pillow Potion (lavender and hops) drops to Aura Cacia's Aromatherapy Room Diffuser when you want to relax.

ShiKai Borage Dry Skin Therapy with SPF 15 uses borage oil to keep your skin healthy and is light enough to be worn under makeup. It works well for dry and sensitive skin.



Nature's Gate Raspberry Mint & Peppermint Whitening Toothpaste and Mouthwash use white and green tea, licorice and fig for antioxidants. Bamboo and silica in the toothpaste offer whitening benefits.



## Natural Teeth Whiteners

Try some of these popular home remedies for whitening and brightening your teeth:

- Drop some hydrogen peroxide topped with baking soda on your toothbrush and brush. Do not swallow.
- Brush with 1 teaspoon baking soda, dash of salt and a few drops of white vinegar. Follow with toothpaste.
- Rub a strawberry on your teeth daily, or mash and apply with a toothbrush.
- Make a paste of ground dry bay leaves and dried orange peel. Add water.

Coffee, tea, red wine, curry, soy, fruit juices and cola are known to discolor teeth.



Mrs. Meyer's Holiday Clean-Up Kit includes hand soap, countertop spray, dish soap and all-purpose cleaner in a festive gingerbread scent.