

SHAPE

3
MOVES
FOR A FIRM
BUST
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**THE HOME
WORKOUT
THAT WORKS
FOR YOU!**

Just 6 easy
moves that
tighten abs
& tone arms
and legs

**SHRINK YOUR
STRETCH MARKS**

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CLEAR CLUTTER**

FIND YOUR



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April 2005 Shape.com

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MOTIVATION!**

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BEAUTY
BARGAINS
UNDER \$25**

**NINE
SECRETS
FOR A BIGGER
CALORIE BURN**

**WINNING
HOME GYM
REDESIGN**
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**SHAPE
PICKS
THE BEST
RUNNING &
WALKING
SHOES**



NEWS | BEAUTY

lookgreat

BOTANICAL BOUNTY

Your favorite beauty store is full of products with fresh ingredients straight from the garden. Here are a few goodies that make it easy to take your routine back to nature.



1. **Aura Cacia Soothing Lavender Stick** (\$9; auracacia.com) contains

pure essential oils; roll on for a mood-boosting dose of aromatherapy.

2. **The Healing Garden Green Tea Relax Therapy 2-in-1 Moisturizing Body Wash with Lotion** (\$6.75; at drugstores) has calming peony-petal extract, plus hydrating shea butter and grapeseed oil.

3. **Herbal Essences Texturizing Pomade** (\$3; at drugstores) helps define short hairstyles with hydrating extracts of palmarosa, pineapple and cardamom.

4. **Håkansson Passion Fruit Vitamin Spray** (\$30; hakanssons.com) delivers a hydrating boost to parched skin.

5. **Kiss My Face Organic Lip Balms SPF 15** (\$3.50 each; kissmyface.com) moisturize lips with organic beeswax, aloe vera and coconut oil.

6. **Matrix Biolage Fortifying Heat Styler** (\$13; matrix.com for locations), with hibiscus flower and lemongrass extracts, helps smooth and protect hair.

7. **Zum Rub in Rosemary-Mint** (\$9.50; indigowild.com) calms and heals skin with shea butter, beeswax and grapeseed oil.

8. **Aveda Botanical Kinetics Hydrating Lotion** (\$12; aveda.com) is a quick-absorbing facial moisturizer that contains chamomile, lavender and rice-bran oil.

9. **Bodycoffee Revitalizing Herbal Mist** (\$26; bodycoffee.com) has coffee extract and rosemary and orange essential oils.