

Win a spa trip to CuisinArt Resort & Spa in Anguilla! (page 10)

spa

travel+beauty+living

Do-it-yourself
FACE MASQUE
(recipe inside)

How to bring
MORE PEACE
into your life

25 ways to *feel great* now

From taking an
eco-friendly vacation
to **living green** each day

★ *Sustainable
spa-ing in
the Maldives,*
PAGE 84

3 effective
FAT-BURNING
workouts

The truth about
ACUPUNCTURE
FACELIFTS

JUNE 2009 U.S. \$4.99



+13 **VALUE-PACKED**
GETAWAYS
Hawaii, California, Caribbean & More

face & body
certified organic



ERBAVIVA Bases its products (several of which target moms-to-be) on certified organic ingredients and essential oils.



ILIKE ORGANIC SKIN CARE Makes its masques and scrubs in small batches with fruit pulp and herbs.



INTELLIGENT NUTRIENTS Features products for hair and body as well as supplements, created by Aveda founder Horst Rechelbacher.



JUICE BEAUTY Combines antioxidant-rich fruit juices with food-grade, certified organic ingredients.



MERCOLA HEALTHY SKIN Fights visible signs of aging with botanicals and fruit-derived antioxidants.

face & body biodynamic



DR. HAUSCHKA SKIN CARE Uses preponderantly organic and biodynamic ingredients in its vast line of products.



EMINENCE ORGANIC SKIN CARE Uses 88 percent biodynamic and 95 percent certified organic ingredients in its new Biodynamic Collection.



JURLIQUE Advocates biodynamic farming, natural distillation processes, and products that encourage good health.



WELEDA Grows many of its own biodynamic ingredients as close to its production sites as possible for most of its line.

face & body ecocert & cosmécio



BABOR Uses herbs and botanicals to target aging in its Ecocert-certified Baborganic line.



CATTIER PARIS COSMÉTIQUE ET NATURE Is certified by Ecocert and was one of the first lines to sign the Cosmécio charter.



EQUAVIE Creates supplements and topical anti-aging products certified by Ecocert and labeled with the Cosmécio seal.



HUILES & BAUMES Sports both the Ecocert and Cosmécio labels on its plant-oil-based skincare and supplements.



MÁDARA Harnesses the power of flowers in its Ecocert-certified body, skincare, and makeup lines.



SOTHYS Includes a complete Ecocert-certified body and skin regimen as part of its Beauty Garden line.

face & body
fair trade & local



AFRICOLOGY Sources from local villages and preserves and promotes indigenous South African ingredients and traditions.



AMALA Uses a combination of fair trade, organic, and wild-crafted ingredients in all of its lines.



GIVING BEAUTY Sources key ingredients from women's cooperatives around the world and donates a percentage of profits to the co-ops.



PATYKA Is certified organic by Ecocert, sourced according to fair trade principles, and packaged in glass bottles.



PURE FIJI Purchases cold-pressed nut oil for products and handcrafted paper for packaging from rural villagers (predominantly women).