

Healing Retreats

Nurturing & Healing Alternatives for the Global Community

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How to *glow* naturally

By Daniela Schimmel

Fear not, adjusting to the warmer weather involves some simple steps. Without experimenting with streaky self tanners or starving yourself, there are plenty of ways to improve your state of body and mind and achieve a healthy summer glow in no time. The best part is no sun exposure, so wrinkles, sun spots and potential skin cancer are a non-issue.

Skin expert **Dr. Deborah Luftman**, a dermatologist in Los Angeles who teaches at U.C.L.A. says, "Our overall health is reflected in the condition of our skin." She recommends creams with soy, such as Aveeno's, which also contains an SPF factor. Soy not only gives a shiny glow to dull, tired-looking skin, but it also reduces inflammation, redness and dryness. It is good for all skin types and contains phytoestrogens, an estrogen-like compound that helps skin glisten. Fresh also makes a complete line of products featuring soy, including Soy Shower Foam which is excellent for cleansing and conditioning the skin.



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