

boho

a new american spirit

issue
No. 8
SUMMER 2010

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yarrow

Yarrow is an herb which has natural astringent properties. The astringent reduces pores and contracts loose skin and muscles to reduce signs of aging. It also strengthens and conditions hair. Yarrow also provides skin hydration to prevent dryness and cracking.

Products to try:

Scientific Kenneth Beer, MD Brightening Serum, \$98. www.scientificskin.com

Terax Hydrate Botanica, \$20. www.beauty.com

Pangea Organics Italian White Sage, Geranium, Yarrow Hand Soap, \$14. www.pangeaorganics.com

lemon

Lemon is known for stimulating circulation of blood and also acts as a blood purifier. Improving the body's ability to get rid of toxins enhances the overall health of your skin. Like all citrus fruit, lemons are a good source of vitamin C. Vitamin C enhances skin renewal by speeding up and uncovering a fresh new layer of skin, which helps reduce wrinkles and treat blemishes. For hair, it regulates the sebaceous glands which helps reduce the production of oil and makes the hair shine.

Products to try:

100% Pure Fresh Squeezed Lemonade Juicy Shower Gel, \$15. www.100percentpure.com

Evolution of Smooth Lip Balm Lemon Drop, \$3.29. www.evolutionofsmooth.com

Paul Mitchell Tea Tree Lemon Sage Thickening Shampoo & Conditioner, \$11.50/\$12.50.

Salons only, visit www.paulmitchell.com



mint

Mint is chock-full of vitamins and minerals and is a powerful anti-oxidant. It exfoliates and hydrates dry skin. Mint also has Salicylic acid, which loosens dead skin cells, and prevents clogged pores. Mint can act as an astringent in a cleanser by shrinking skin tissue and reducing the amount of oil in the skin and scalp.

Products to try:

Philip B Peppermint and Avocado Shampoo, \$28. www.philipb.com

Glominerals The Mint Balm, \$12. www.gloskincare.com

Origins Zero Oil Deep Pore Cleanser, \$18.50. www.origins.com