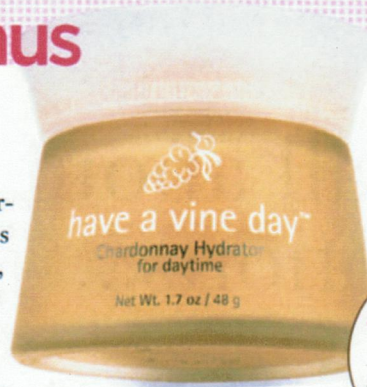


beauty bonus

beauty routines. "Many people perceive organic beauty products as being more 'pure' and, therefore, kinder and gentler to the skin and the body as a whole," explains Jeanette Jacknin, M.D., a dermatologist in Scottsdale, Ariz. Here, three reasons why you should be adding organic to your



NATURE'S GATE ORGANICS DAILY HYDRATOR (\$25; naturesgatebeauty.com)



less preservatives, color and fragrance, so there is definitely less risk of irritation," says Diane Madfes, M.D., a dermatologist and clinical instructor of dermatology at the Mount Sinai Medical Center in New York City.

KEEP IN MIND Organic beauty goods are typically made with fewer standard preservatives (added to keep bacteria at bay; some may have less than half the shelf life of nonorganic products (in many cases they last only six months to one year instead of the typical two to three). In this issue, some companies use natural preservatives, such as essential oils, which have anti-bacterial properties. Always, look for a "use by" date and avoid products that otherwise, bacteria may thrive.

Active ingredients free of pesticides.

IS IT WORTH IT TO YOU Some experts believe that pesticides act on the skin similar to free radicals (highly reactive oxygen molecules, created by exposure to environmental factors like sunlight and pollution, that have been linked to premature skin aging), but there's no consensus on this. Certainly, if you're concerned, it definitely won't hurt to avoid extra chemicals. An added bonus: Many organic cleansers, serums and moisturizers are richer in botanicals like olive and grape-seed oils, pomegranate and green tea — all classified as natural antioxidants, substances that help neutralize the effects of free radicals, thereby potentially keeping your skin more youthful looking.

3 Organic products don't deplete the earth.

WHY IT MATTERS TO YOU More and more of us are thinking holistically about the things we buy and

FOR A MORE RADIANT COMPLEXION ...

... try these staff favorites.

✓ **ALBA ORGANICS** Pineapple Enzyme Facial Cleanser (\$12; albaorganics.com) uses organic aloe vera along with skin-sloughing papaya and pineapple enzymes to cleanse and polish skin.

✓ **BOSCIA** Smoothing Facial Polish (\$22; boscia.net) contains organic extracts of plants like jojoba, marshmallow root, soothing chamomile and calendula to gently remove skin-dulling impurities.

✓ **INARA 100% Organic** Babassu Lip Balm (\$12; inaraorganic.com) packs a creamy blend of organic babassu oil, palm oil and vanilla-pod extract to soften chapped lips.

✓ **JUICE BEAUTY** Antioxidant Serum (\$45; juicebeauty.com) is rich in organic juices: white grape, orange and aloe leaf.

✓ **NATURE'S GATE ORGANICS** Have a Vine Day: Chardonnay Hydrator for Daytime (\$25; naturesgatebeauty.com) bottles organic fruit and vegetable extracts like olive, soy and white grape seed into a lightweight daily moisturizer.

✓ **NATUROPATHICA** Evening Primrose Replenishing Eye Cream (\$42; naturopathica.com) boasts organic evening primrose (a natural antioxidant) to help smooth fine lines.

INARA BABASSU LIP BALM (\$12; inaraorganic.com)

