

A MARTHA STEWART PUBLICATION

**+** LOOK AT YOU GLOW! HEALTHY TRICKS FOR RADIANT SKIN  
NATURAL FERTILITY CURES FROM NEEDLES TO HERBS: WHAT SHOULD YOU TRUST?

# whole living

body + soul in balance

You, in bloom:  
5 steps to  
flourish in life  
and love  
P. 98

*the inspiration issue*

## DREAM IT, DO IT!

32 WAYS TO TAP  
YOUR CREATIVITY,  
FIND YOUR CALLING,  
AND WRITE YOUR  
NEXT CHAPTER

Spark new ideas  
anytime, anywhere  
(science says it  
really works!)  
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you deserve—  
no job-quitting  
required  
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MAY 2011  
DISPLAY THROUGH MAY 23



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LET IT

stoke that **LITTLE LIGHT OF YOURS**  
with strategies **FOR CREATING GLOW**  
FROM WITHIN, following the lead of  
super-serene yogi **SEANE CORN**.

## beauty

A little word association: We say "glow" and you say... "Skin," right? "Radiant skin is a sign to yourself and to the world that you are healthy, blood is flowing, and joy is in your life," says Yael Alkalay, founder of the natural skin care line Red Flower. A glowing complexion needn't be flawless: "It should just look well cared for," says Francesca Fusco, M.D., a dermatologist in New York City. "You want it to appear lit from within."

### face

**Simple as this: Moisturized skin reflects light. Nourish it and the glow will come.**

**EXFOLIATE** A luxurious cream can't do a thing slathered onto flaky skin. "Dead cells have an uneven surface that dulls the complexion," says NYC dermatologist Debra Jaliman, M.D. Bid adieu to a lifeless top layer with a lactic-, salicylic-, or glycolic-acid scrub or "a paste of banana and milk," says Dawn Holder, spa manager at Willow Stream Spa in Bermuda. Massage it in using small circles, applying more pressure in the oily T-zone.

**NOURISH** Spread a dime-size dollop of cream over your face and the same amount to your neck and décolleté. "Skin has five layers, so rub the product in for two minutes to help it penetrate," Holder says. "It also improves circulation."

**ENHANCE** Sometimes you need a booster shot of bronzing powder. Wait at least five minutes after applying moisturizer, then brush a loose bronzer where the sun would hit naturally: the cheekbones, forehead, bridge of the nose, and chin; finish with a dusting on the clavicle.

### body

**Spread the love—glow from tip to toe.**

**SCRUB** The matrix of dead skin cells is thicker on the body than it is on the face. "The most effective way to remove those cells is to scrub your skin while it's dry," Holder says. A dry brush is ideal, but you could use any scrub or exfoliator before stepping into a bath or shower. Using small, firm, circular motions, start at the feet and work your way up to increase circulation and spark an instant glow.

**SOAK** A warm bath is one of the most effective ways to get water to your cells, leaving them plump and radiant. Adding mineral salts and citrus revs your skin and body, opening congested skin to the healing minerals. Sprinkle a cup of bath salts and six drops of citrus essential oils into the water.

**HYDRATE** For dewy skin, reach for creams and oils right after a shower or bath, while the skin is still damp, to lock in moisture. "Really work in your cream or oil," Holder says. "This massages the muscles, which gets blood flowing and helps brighten dull skin." *For all the products you'll need to complete these routines, see page 131.*

by **OLESSA PINDAK, SARA REISTAD-LONG, AND KATE HANLEY**  
photography by **CHRISTOPHER BAKER**

## product guide

### LET IT SHINE beauty routine, p. 112

With the right products and smart skin-care strategies, your inner light will come through.

#### FACE ILLUMINATORS Simple glow enhancers



**EXFOLIATE**  
Dr. Dennis  
Gross Skincare  
Alpha Beta  
Glow Pad, \$32,  
drgskincare.com



**NOURISH**  
Avalon  
Organics  
Moisture Plus  
lotion SPF 15,  
\$17, avalon  
organics.com



**BRONZE**  
Physician's  
Formula Glow-  
Boosting Sun  
Stones, \$15,  
drugstore.com

#### BODY BRILLIANTENERS A three-step routine



**SCRUB**  
Australian Or-  
ganics Moisture  
Refresh Exfoli-  
ating body  
scrub, \$10,  
walgreens.com



**SOAK**  
Aura Cacia  
Energize Arom-  
atherapy body  
oil, \$8.25,  
auracacia.com



**HYDRATE**  
Olay Total  
Effects  
Advanced Anti-  
Aging body  
lotion, \$7.80  
pgestore.com

Items pictured but not listed are from private collections.

#### 14 OPENINGS

Trovata Amallie shirt in plaid, \$166, at Barney's, 888-222-7639. Stewart & Brown striped racer tank in blue, \$78, stewartbrown.com. Lulu Designs Thai silver nuggets with apatite and vermeil, \$145, and Thai silver nuggets with 14k crescent, sapphires, and turquoise, \$445, at Dovecote, 203-222-7714.

#### 60 WHOLE HEALTH NEWS

Alo cut-out active tank in Pink Lady, \$48, alosport.com. The North Face Tadasana VPR capri in gray, \$55, thenorthface.com.

#### 104 CAREER TRANSFORMATIONS

On Sarah: White House/Black Market appliqué cardigan in Raspberry, \$88, 877-948-2525 for stores; Feingold Jewelry Drop earrings, \$60, Lucky necklace, \$72, and Winding ring, \$84, feingoldjewelry.etsy.com. On Phuong: H&M blouse #631850, \$30, hm.com/us for stores; Raquelle Bianco earrings, \$110, and bracelet, \$550, lavianojewelers.com; Carol Lux large nugget collar necklace, \$95, carolee.com; Breil Milano Globe collection watch #TW0782, \$200, watchwear.com. On Saudia: Kenneth Cole roused blazer, \$129, kennethcole.com for stores, and striped tank with rings, \$59, nordstrom.com for stores; Raquelle Bianco bracelet, \$329, lavianojewelers.com; Breil Manta collection watch #TW0571, \$425, watchwear.com.

#### 112 LET IT SHINE

Bobbi tonal stripe pocket tank, \$44, coutula.com. DKNY Smoothies camisole in Sugar-Free, \$18, bloomingdales.com. Hyde Yoga capri leggings in khaki, \$65, yogahyde.com.

#### CORRECTIONS

The photograph on page 33 of the March issue is by William Abramoowicz.

The dancers featured in "Lighten Up" (March, p. 80) are company members of Graham II.

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