

Women's

FREE HEALTHY EATING SUPPLEMENT

Health & Fitness

Your complete guide to a balanced life

FLAT ABS,

unmask the beauty of your skin

MOISTURIZING MASKS FOR WINTER

The key to masks

A good mask will help eliminate the dry top layer of your skin, leaving it feeling smooth, soft and younger-looking. Astara Conscious Skin Care,

maker of all-natural, preservative-free skin-care products, specializes in facial masks to treat a variety of problems. For dry skin that may also be blotchy (a common winter skin issue), the Golden Flame Hydration Mask with cucumber extract and vitamins A and C will help nourish your skin and even out the tone. To exfoliate and improve "dull-looking" skin, the Activated Sea Mineral Mask contains seaweed and algae, both high in minerals to counteract the effects of stress or pollutants. Jojoba beads simultaneously exfoliate, oxygenate and moisturize the skin. "Astara contains ingredients that treat skin from the inside out with organic plant extracts and antioxidants," says Daniel Drake, co-founder. "The 'living botanicals' in Astara products are raw ingredients, and in order to ensure their strength, they are never warmed above 103 degrees Fahrenheit." Drake also says that aloe vera gel is the base ingredient of all Astara products. Furthermore, since they have the same pH

as human skin, the products are able to penetrate more deeply into the skin, carrying beneficial ingredients.

All Astara products are packaged in blue glass bottles to protect the formulas from light that can break down the ingredients, according to the company. Astara Conscious Skin Care products are produced and tested in Telluride, Colo., and according to the company, despite the dry mountain air, the product line has proven to revive skin under the most extreme conditions. For more information, visit www.astaraskin.com.

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