

Low-carb backlash? how to eat carbs without gaining weight

NATURAL HEALTH

Beauty Honored - Potions & Prescriptions

beauty from the sea

With more than 20,000 species, seaweed is the ocean's most abundant, renewable resource. The rich nutrients in this aquatic botanical help replenish and rehydrate your skin.



READER GIVEAWAY a touch of the sea ... on us

With an organic marine complex featuring seven algae extracts, antioxidants, vitamin C and green tea extract, an SPF of 15 and a fresh-smelling fragrance, Alba Organics Sea Moss Moisturizer offers everything your skin needs to stay healthy and protected from the sun and the environment. Log on to naturalhealthmag.com from June 21 to August 16 for your chance to win one of 200 Sea Moss Moisturizer (a \$13.95 value).

Seaweed-infused tonics for face and body (clockwise from top): Clarins, Alba Organics, Exhale, Astara, Repêchage (in the shell), Bare Escentuals and Aromafloria.

FOR YOUR FACE

Smoothing on a seaweed lotion or mask helps boost your skin's stock of essential vitamins and minerals, leaving you with healthier, more radiant-looking skin. A few to try: **Alba Organics Sea Moss Moisturizer with SPF 15** (\$13.95; albaorganics.com), fortified with an organic marine complex made up of seven algae extracts; **Astara Activated Sea Mineral Mask** (\$39; astaraskincare.com), with four organic seaweeds as well as oatmeal and organic flower essences to calm dry, irritated skin; and **Clarins Supra Restorative Serum** (\$110; clarins.com), a supernatural

FOR YOUR BODY

Add relaxation to seaweed's list of benefits when you soak in these nutrient-heavy marine extracts. Try bathing with: **Repêchage Vita Cure Seaweed Bath** (\$39.50; 800-248-7546), which helps heal dry skin and boost circulation when added to warm water; **Exhale Healing Skin Cleanse With Green Tea & Seaweed** (\$20; exhalespa.com), a gentle gel wash with grapeseed and rosemary extracts; **Aromafloria Healing Waters Mineral Mud** (\$30; aromafloria.com), a sea clay treatment that's