

FOOD / HEALTH / HOME / BEAUTY / TRAVEL / SOUL

organicstyle®

fresh, simple summer meals

**COOL OFF WITH
DESSERTS EASY
ENOUGH FOR KIDS
TO MAKE—AND
ADULTS TO LOVE**

**INSTANT ESCAPES
MAIL-ORDER LOVE
SHACKS FOR YOUR
BACKYARD**

**WHAT TO MAKE NOW FROM
THE FARMERS' MARKET**

Get That Vacation Glow!

Easy, healthy
skin secrets

Keep Your Pet (and Home) Healthy and Toxin-Free

Natural Fertility

What works when
medicine fails



STROLL ON THE BEACH. "Sand is a natural exfoliant that would be too harsh and abrasive to use on most of your body," says Sunny Griffin, creator of Astara Skin Care. "But it works like a pumice stone on your feet when you walk the beach: It gets rid of the rough stuff, allowing your skin to absorb moisturizers better."

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