

Natural Health

FOR A BALANCED, BLISSFUL LIFE

MIND-BODY RESET

- > Feel Confident
- > Find More Pep
- > Lower Stress

RECHARGE
IN NATURE
OFF-THE-GRID
VACATIONS

LOOK
BEAUTIFUL
BAREFACE
24 FRESH
TRICKS

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HER SECRETS FOR
INNER PEACE, A
STRONG MARRIAGE
& A HOT BODY

6 SIMPLY
DELISH
DISHERS
(MINUS
THE MEAT!)

MELT
AWAY
BELLY
FAT!

MAKE
LASTING
POSITIVE
CHANGES
STICK-TO-IT
SECRETS

IS YOUR
HOME SAFE
FOR PETS?
HAZARDS YOU
MAY BE MISSING



Deep clean

Between sweat, SPF and anti-frizz sprays, your head can feel like an oil slick. Once a month, wash with a gentle clarifying shampoo to remove build-up. We like Giovanni 50:50 Balanced

Hydrating-Clarifying Shampoo (\$8, drugstores). Or try this apple cider rinse: Pour half a cup of apple cider vinegar on wet hair, massage it into strands and scalp with your fingertips, then shampoo and condition with your usual products. The high acidity in the vinegar helps to exfoliate, Cho says. (Don't worry, the wash will take care of any funky vinegar smells.)