

# NATURAL HEALTH.

feel good | look good | do good

## EASY DETOX CURES

18 Treatments  
To Pamper  
& Purify

DRUG-FREE  
FIXES FOR  
PAIN, ANXIETY  
& PHOBIAS

HOLISTIC  
HELP FOR  
HOT FLASHES

CHEFS' FABULOUS  
FLAVOR SECRET!  
5 Irresistible,  
Healthy Recipes

THE  
ULTIMATE  
ANTI-AGING  
DIET

Yoga for  
Allergy Relief  
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9 Ways to  
Beat Bloating  
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Best Herb  
For Sleep  
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Toothpastes  
Really Work?  
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That Fight  
Eye Disease  
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MARCH 2007

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USA \$3.95 CANADA \$4.95

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**Crabtree & Evelyn  
Naturals Edamame, Rice  
& Bamboo Botanical  
Body Scrub** (\$26; [www.crabtree-evelyn.com](http://www.crabtree-evelyn.com))  
contains a blend of rice  
bran and bamboo pow-  
der to exfoliate the skin,  
while sweet almond oil  
and rice bran oil keep it  
well hydrated.

Finely ground salts are  
mixed with dried milk  
and rice proteins in  
**Archipelago Botanicals  
Rice Salt Milk** (\$17;  
[www.beautyexclusive.com](http://www.beautyexclusive.com))  
for a softening,  
soothing bath soak.

Sake and rice extracts  
restore skin in **Fresh  
Rice Body Cream** (\$42;  
[www.fresh.com](http://www.fresh.com)); hazel-  
nut and apricot kernel  
oils moisturize.

**Asiana Royal Ginger  
Rice Honey Body Scrub**  
(\$33; [www.asianaspa.com](http://www.asianaspa.com))  
uses rice bran  
to buff the skin and  
rice bran oil and honey  
to moisturize.



Rice proteins repair  
hair strands and  
organic olive oil  
hydrates in **Semeli  
Shampoo for Dry &  
Normal Hair** (\$24;  
[www.semeli.net](http://www.semeli.net)).

Shea butter and  
rice proteins make  
**Hamadi Shea Rice Milk  
Conditioner** (\$38; [www.hamadibeauty.com](http://www.hamadibeauty.com))  
an effective moistur-  
izing treatment.

**Kiss My Face Hold Up  
Styling Mousse** (\$8;  
[www.kissmyface.com](http://www.kissmyface.com))  
contains rice protein to  
strengthen the hair  
shaft and the humec-  
tant panthenol for a  
smooth, silky look.

Visit [www.naturalhealthmag.com](http://www.naturalhealthmag.com) for rice-  
based beauty recipes  
from Philip B, a  
botanical hairstylist  
in Los Angeles.

irritating or painful skin con-  
ditions. In a dermatological  
study at a university in Brus-  
sels in 2002, patients with  
atopic dermatitis (chronic  
inflammation of the skin) saw  
a 20 percent improvement in  
healing after taking 15-minute  
baths filled with rice starch  
twice a day.

## HYDRATING

As those Japanese rice har-  
vesters discovered, this versa-  
tile grain can also help slow  
down the aging process. Rice  
extracts have moisturizing,  
antioxidant, and even UV-  
absorbing properties, and rice  
bran binds to naturally occur-  
ring copper in the skin to help  
prevent melanin formation  
and age spots.