

YOGA FOR ALL BODY TYPES!

yoga

JOURNAL

Must-
know
anatomy

LIFE IN BALANCE

**The
healing
power
of yoga**

**CORE
101**

12 poses to build
strength, stability,
and balance

**ENERGY
REFRESH**

8 poses to revitalize
and inspire your day

**WHAT TO EAT BEFORE
YOU PRACTICE**

**Find
balance**

A practice for calm,
energy, and focus

YOGA MUST-READS

Orange you pretty

Turns out, golden turmeric isn't just a wellness superstar in the kitchen. It may also have healing powers as a beauty ingredient, thanks to its antioxidant, anti-inflammatory, and antimicrobial properties—which keep skin supple, clear up blemishes, and may even mitigate sun damage. **By Yelena Moroz Alpert**

1 **Folk Ayurveda** Forest Weaver face and body oil blends inflammation-fighting turmeric with chaga, the “medicinal mushroom” touted for its high antioxidant content; skin-lightening saffron that tackles dark spots; and UV-resistant sesame oil—all of which help prevent sun damage without leaving a greasy residue. (\$65, folkayurveda.com)

2 Skip the makeup remover in lieu of **Peluzzi Organica** Balancing Cleansing Oil Turmeric & Mint. This turmeric-infused cleanser tackles dirt and stubborn makeup without irritating or drying out your skin. Credit goes to soothing mint and chamomile. (\$30, peluzziorganica.com)

3 For Ayurveda fans, just a dash of the tridoshic **Sundara Holistic** Turmeric-Ghee Eye Cream keeps puffiness at bay, thanks to über-moisturizing ghee and antiaging turmeric. Bonus: Use the cream as a primer to keep eyeshadow from running on balmy days. (\$27, sundaraholistic.com)

4 Turmeric powder and raw neem essential oil pack an antimicrobial punch, helping **Dirty Girl Farm** Ayurvedic Turmeric and Neem Facial Scrub deep-clean clogged pores and banish acne-causing bacteria. (\$17, dirtygirlfarm.com)

5 The combined power of white and red turmeric (which can alleviate the sting of a sunburn) with detoxifying kaolin clay and nourishing candlenut oil makes **Juara** Turmeric Antioxidant Radiance Mask hardworking yet gentle—brightening your complexion by keeping fine lines in check. (\$38, juaraskincare.com)

6 Parched skin will feel like silk after 20 minutes in the tub with the Nourishing Bath Soak set by **Jiya Beauty** (formerly Kumari). It pairs turmeric with calendula and a fragrant eight-oil magnolia-sandalwood elixir. Epsom salts also help sore, post-practice muscles to recover. (\$48, jiyabeauty.com)



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