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MAGAZINE

SKIN CARE GUIDE

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AN INTERVIEW WITH
KATE HUDSON

Ayurvedic Skincare
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low energy and more. Essential oils are brilliant at helping with skincare concerns like anti-aging, environmental protection, bug bites and more. They're good every step of the way for your skin.

OSM: You mention five core oils, which can change lives. What are those?

HG: First, you don't have to buy a diffuser. One way to take deep inhalations (the quickest way to adjust your mood and absorb oils) and scent your personal space is to put five to 10 drops of essential oils in a wine glass or snifter, swirl until the oils have coated the bottom of the glass, hold it up to your nose as you relax and slowly exhale, then inhale, five times. If left by your computer or bedside, the oils will gradually evaporate. Repeat as often as needed for a break during the day or if you wake up in the middle of the night.

I picked these five oils because they're the most heavily researched and readily available. They're multifunctional and work very well together: Lavender, for anxiety and sleep issues, relaxing muscles and skincare, but, most importantly, to harmonize a blend. Peppermint, for sharpening the mind and as a decongestant. Tea Tree, because it's such a strong antiviral. Lemon, because citrus oils are just happy (and are also great for detoxing and cellulite). And, finally, Cedarwood, as a muscle relaxer and base note, so you can experience the fragrance longer.



Three Healing Therapies

These three healers create beneficial essential oil formulations to use in practice with clients, but also for the world to enjoy at home.

LABORATORY OF FLOWERS

Owner: Michael Scholes

Healing Practice: The aromatic consultant, therapeutic formulator and natural perfumer uses Chinese Astrology to evaluate each client's primary element and imbalances, then performs an intuitive aromatic reading. Finally, he customizes blends and remedies to correct the imbalance that is creating discomfort.

Launched: Scholes began by studying psychology, food as medicine and massage, and launched his own line in 1993, which now features over 350 essential oils.

Philosophy: Our sense of smell connects us to the past through memory, both genetic and chemical.

Collection Includes: The Organic Essential Oil Line, Remedies from the Aromatic Library, Therapeutic Perfumes, as well as organic products for bath, body, skin, hair and the environment—all handmade to order.
labofflowers.com

PRATIMA

Owner: Dr. Pratima Raichur

Healing Practice: At Dr. Raichur's spa in New York City, she treats the root cause of both facial skin concerns (from sensitivity to acne to aging) and body concerns (from stretch marks to pain) with aroma-therapeutic, 100 percent natural, organic essential oil formulas, guided by Ayurveda.

Launched: The healing science of Ayurveda has been passed down through the generations of Dr. Raichur's family. She apprenticed at 13 years old, which led her to earn degrees in Ayurveda, chemistry, botany and naturopathy and eventually apply that collective knowledge to her handmade skincare line (over which she recites sacred mantras).

Philosophy: No single element exists independently from the whole.

Collection Includes: Face oils and body oils for every specific skin concern under the sun. pratimaskincare.com

SUNDARA HOLISTIC

Owner: Kiera Nachman

Healing Practice: NYC-based Nachman treats clients through Ayurvedic and nutritional consultation, Reiki, personalized Ayurvedic detox plans and Abhyanga (the anointing of the body with oils to balance the nervous system, hormones and boost immunity).

Launched: The Ayurvedic practitioner launched her balancing skincare collection, Sundara ("beautiful" in Sanskrit) out of her Brooklyn kitchen. Nachman creates each product by hand while chanting an ancient Vedic mantra and practicing Reiki for high-frequency healing.

Philosophy: Nurturing health on the inside results in outer beauty.

Collection Includes: Categorized by dosha and condition, serums, body oils, facial treatments, eye creams, lip balms, hair oils, baths salts and more. sundaraholistic.com

EASY STYLING To fake thicker locks, the right style is crucial. “The cut of your hair has much to do with how thick it looks,” Ellery says. “Having a short cut can create an illusion of fullness.” Keep strands healthy with regular trims to reduce split ends. And while getting extensions might seem like an easy fix, they are often too big and heavy, which can weigh the hair down and cause more damage.

Limit heat styling as much as possible, and when you have to blow your hair dry, use a good heat-protecting spray. Don't brush too often, and avoid fine tooth combs and brushes with plastic bristle brushes, especially those with bobbles on the end of the bristles, as these can get tangled and encourage breakage. “A brush is an investment,” Lamas says. “Buy one that is more pricey than

not because they tend to have a better design so they grab hair without tugging.” Even pulling hair back can damage it, as well as tight braiding. Vigorously towel-drying wet strands can cause breakage, as the friction weakens the root and follicle, leading to more hair loss. Coloring and processing hair can also do harm. “Chemicals can weaken hair that is already grown out,” Lamas warns. “Plus, the skin absorbs everything that you put on it. That dye or bleach will stay on the scalp.”

Ultimately, there isn't just one solution when it comes to thinning hair. “It all works together,” Lamas says. “It's not one shampoo or serum that makes a difference. Exercise, eat a healthy diet and don't smoke. Hair is like a car—you have to maintain it. What you put in is what you get out of it.”

THICKENING AGENTS

August is National Hair Loss Awareness Month, but any time is a good time to try these treatment products that protect thinning hair

Peter Lamas Hair Solutions Energizing Scalp Serum “It's important to use something to fortify the scalp,” Lamas says. “This has a delivery system to make it easier to absorb. It goes directly to the root and allows the follicle to function again and strengthens. It helps hair that is growing out be more resistant.” peterlamas.com

Widu Wooden Bristle Brushes and Combs All-natural and handmade in Italy, Widu brushes and combs gently massage the scalp and move oils through the length of the hair. Animal- and cruelty-free, Widu was founded by a Milanese hairstylist working on photo shoots, who found the lights and constant on-set styling damaging to the models' hair. widu.com

Restorsea Revitalizing Scalp Treatment Spray this directly onto the scalp to remove dead skin cells from the hair follicles, which prevents them from becoming clogged, encouraging longer, thicker hair and a healthier scalp. restorsea.com



PHOTO BY ALEX LUCAS / WWW.OHHERAVEN.COM

Brahmi Hair Oil **Brahmi**, an Ayurvedic herb from India, is an excellent herb for hair growth. Along with other essential oils—including rosemary and curry leaves, amla oil, and coconut oil—this formula strengthens the hair roots to promote growth. sundaraholistic.com

Natrol Skin, Hair & Nails A new one-a-day supplement with biotin, lutein and horsetail extract—all clinically proven to help enhance healthy hair growth and strengthen hair. natrol.com



ANCIENT RITUALS

Ayurvedic skincare is the secret to a glow that is as natural as it gets.

By **Celia Shatzman**

In the beauty world, trends quickly come and go. But there is one fad with staying power, and it's been around for centuries: Ayurvedic skincare.

"In ancient cultures, self-care was a sacred practice," says Kiera Nachman, founder of Sundara Holistic, a New York-based Ayurvedic skincare and wellness company. "Here in the west, we are deeply disconnected from that part of ourselves. We've lost connection with what we put on or inside our bodies. The more we nurture, nourish and heal ourselves with beautiful ingredients derived from nature, the more our natural vitality and beauty comes out."

The credo of Ayurvedic skincare is a non-toxic, holistic approach to beauty that heals you inside and out. "The basic principles stem from the fact that healthy body and healthy mind leads to radiant and glowing skin," says Shilpi Jain, President and Founder of Skinveda. "Ayurveda—'ayus' means 'life' and 'veda' means 'knowledge' or 'science'—teaches that inner and outer beauty are closely interlinked."

In other words, Ayurvedic skincare is literally more than skin deep; it takes the full picture into account. "Ayurveda is typically focused on finding simple, logical and repeatable solutions to problems with the skin," says Clara Williams, owner and founder of Cultivar skincare. "Ayurveda focuses more on treating and correcting the cause of the problem rather than on the specific symptom."

To practice Ayurvedic skincare, you must first determine your dosha, or Ayurvedic mind and body type. There are several online quizzes that can help you, at Chopra.com, BanyanBotanicals.com, skinveda.com/pages/questionnaire, and sundaraholistic.com/about-ayurveda. "Ideally, you would schedule a consultation with a practitioner or doctor of Ayurvedic medicine, where they would be able to determine your dosha through a combination of pulse reading, observation and in-depth questions about your emotional, physical, mental, and spiritual health," Nachman says.

Identifying your dosha takes into account your body type, food preferences, skin type, and other information. "According to Ayurveda, we are all born with our unique combination of

HOW DOES YOUR DOSHA AFFECT YOUR APPEARANCE?

elements, a.k.a. our dosha, and during our lifetime one or more elements may be out of balance, influenced by our stress levels, lifestyle and external factors like the weather and surroundings,” Jain says. “Once you learn your dosha and understand how to implement lifestyle changes and Ayurvedic practices into your daily routine, not only will you be feeling better, you will also be looking better.”

After determining your dosha, here’s what you need to know to keep them in balance and determine an individualized plan for your type.



DOSHA Vata

PROFILE “Vata is the principle of movement in the body, and represents the elements of air and ether,”

says Nachman. “Vata-dominant people tend to have a thin body type, bony joints, dry skin, and a high capacity for creativity and spirituality. When Vata is in excess, one can experience dry skin, dry hair, nervousness, anxiety and constipation.”

SKIN TYPE Due to the elements of air and space, the Vata dosha is prone to early aging. “These people tend to show signs of aging faster than Pitta or Kapha dosha types, as they have very dry, dehydrated skin,” Jain says. “I recommend using products that are moisturizing and hydrating. A good day and night moisturizing cream and a hydrating toner to spray on throughout the day will keep them balanced.” Vata skin also needs essential oils and herbs to nurture and re-hydrate skin, as well as healthy fats and oils in the diet.

TRY SkinVeda Calendula-Horsechestnut Firming & Moisturizing Crème, skinveda.com; Tara Spa Therapy Vata Hydrating Mask, taraspa.com



DOSHA Pitta

PROFILE “Pitta is the principle of transformation in the body, and represents the fire and water elements,”

Nachman says. “Pitta-dominant types tend to have a medium frame, sensitive skin, and are driven, natural-born leaders.

When Pitta is in excess one may experience inflammation, redness in the skin and anger.”

SKIN TYPE Pitta is the most sensitive skin type and prone to acne, rashes, inflammation, redness and sensitivity, as well as conditions like rosacea, eczema and psoriasis when Pitta is very out of balance for a prolonged period of time. “Summer is the season when a Pitta dosha can go out of balance,” says Jain. “Cooling ingredients such as aloe vera and coconut fruit juice can help. These people tend to burn easily and should avoid sun if possible and continuously hydrate themselves. A good sunscreen and a light facial lotion will be a great start.”

TRY Sundara Holistic Pitta Face Serum, \$45, sundaraholistic.com; SkinVeda Rose Sesame Firming Masque, \$36.75, skinveda.com



DOSHA Kapha

PROFILE “Kapha is the principle of structure and lubrication, and represents elements of earth and

water,” says Nachman. “Kapha-dominant people tend to have a larger body type, thick and oily skin, a calm demeanor and love to sleep. When Kapha is out of balance, one can experience weight gain, cellulite, excess mucus in the body, joints, or nasal passages, water retention, puffiness, or swelling, depression and general lethargy.”

SKIN TYPE Kapha skin is cool, thick and oily, and can be prone to cystic acne and congested skin, but on the plus side, they age the slowest. Kapha needs the least amount of moisturizing in their skincare routine, but the most cleansing and detoxifying. “Because pores are so easily clogged, it is important to keep oil from building up and to regularly use a good exfoliator,” advises Williams.

TRY Cultivar Organic Anti-Acne Treatment, \$42, shopcultivar.com; Pratima Kapha Essential Oil, pratimaskincare.com; Sundara Holistic Kapha-Detox Body Oil, \$36, sundaraholistic.com

