

BEAUTY

For a Superhealthy Glow

CHECKING THE INGREDIENTS list on food packages has become a no-brainer for the health-conscious. But what about the ingredients for personal-care products? Read the label on that bottle of moisturizer and you may find ingredients that are as scary to pronounce as they are to learn about. Parabens (generally seen as a suffix, as in methylparaben) and phthalates (listed as dibutyl and diethylhexyl, though sometimes listed generically as “fragrance”) are a few of the chemicals that have been linked to cancer, birth defects, infertility and a host of other problems. But since the Food and Drug Administration doesn’t regulate cosmetics and personal-care products, and there is therefore no safety testing required, consumers are left to fend for

themselves. Some companies are responding to increased consumer demand for safer, chemical-free alternatives. A few of our favorites: **Pangea Organics’** line of products includes soap made of Pyrenees lavender and cardamom (\$6.99) and body lotions scented with essential oils like Egyptian basil and mint (\$17; pangeaorganics.com). **Tracie Martyn’s** line of cleansers, serums and masks are chock-full of anti-inflammatory properties. Try the Amla Purifying Cleanser, which uses sugar cane and green-papaya enzymes (\$65; traciemartyn.com). **Perfect Organics’** super-rich shea butters come in flavors like lavender and mint chocolate and smell as divine as they feel (\$12.99; perfectorganics.com). **Suki** has a botanical-rich line

and, on its Web site, includes a helpful glossary of ingredients to avoid. Try the eight-piece anti-inflammatory mini skin-care kit, which includes an exfoliating lemongrass cleanser (\$22.50; sukisnaturals.com). **The Savannah Bee Company’s** lip balm comes in flavors like mint julep, pecan and peach, and are made with shea butter, sweet almond oil and, of course, beeswax

(\$4.25; savannahbee.com). **John Masters Organics** uses between 70 and 100 percent organic ingredients. Jump-start your morning routine with the Honey & Hibiscus Hair Reconstructing Shampoo (\$26; johnmasters.com). For more information on safer brands, visit the Green Guide product directory at thegreenguide.com/products.

—JAC CHEBATORIS



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