

your path to a strong body,
a stress-free mind, a calm heart

Fit

www.fityoga.com

Yogga

Dance of the Kama Sutra

sensual steps to tap into
your inner goddess

Detoxify Your Body and Find Bliss

breathe life into your
practice with Kundalini

Pondering Prana

exploring the concept of
immeasurable energy

cultivate radiance

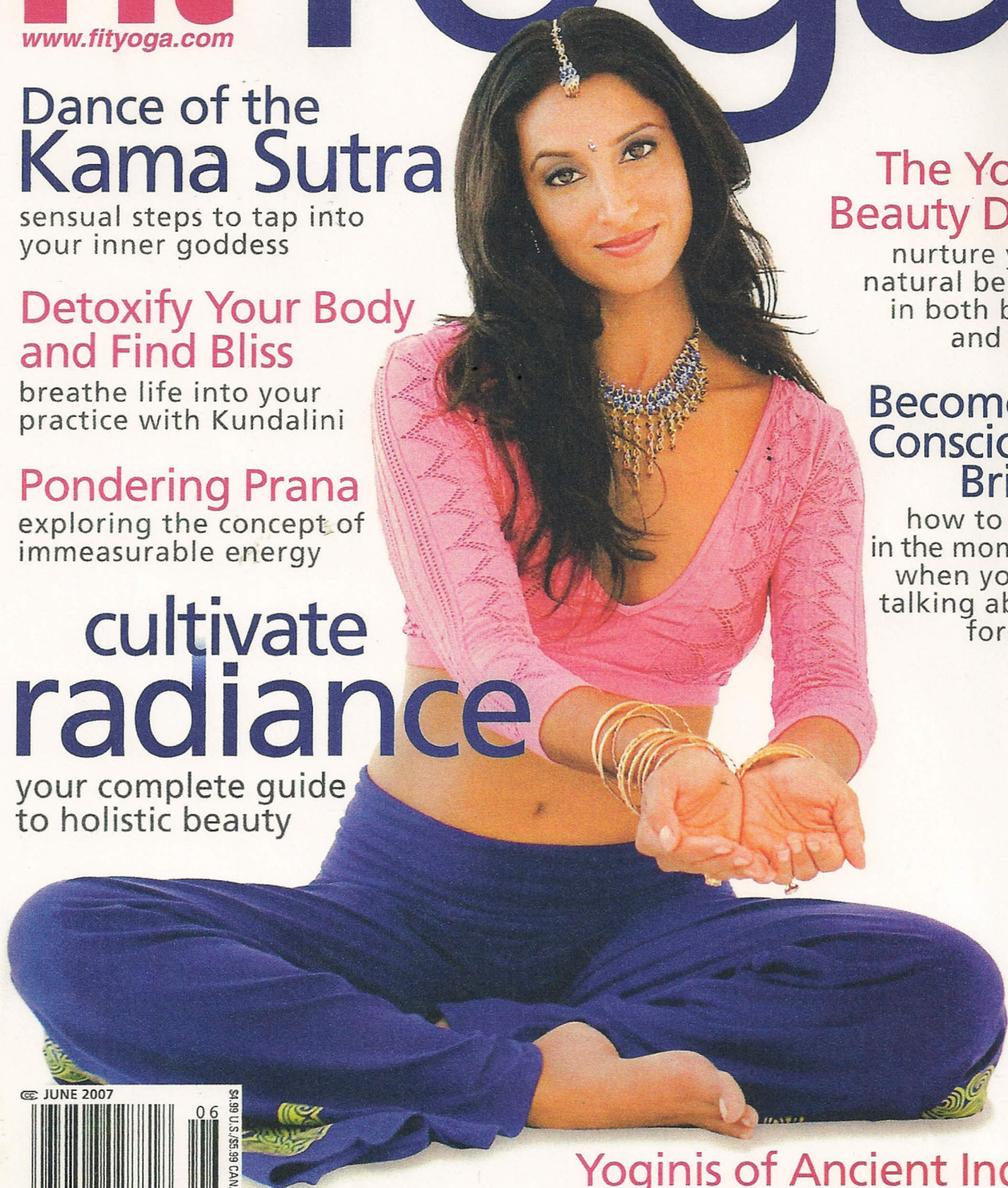
your complete guide
to holistic beauty

The Yoga Beauty Diet

nurture your
natural beauty
in both body
and soul

Become a Conscious Bride

how to stay
in the moment
when you're
talking about
forever



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Yoginis of Ancient India

their special message for today's modern woman

Editor's Pick

VINTAGE BEAUTY: A toast to TheraVine's Pinotage exfoliating enzyme. The deeply cleansing gel serum is infused with South African wine and indigenous medicinal essential oils to dissolve dead skin cells and reveal fresh clean skin. www.delluvaspa.com



toners & exfoliants

MIST MAGIC: Skin soaks up this elixir of complex antioxidants, enzymes, and minerals in Anakiri Mineral Mist with sea-algae extract to attract additional moisture to the skin, while oat beta glucan stimulates cell renewal. Blends include rejuvenating (lemon) soothing (neroli), hydrating (sandalwood), vitalizing (combava), balancing (clary sage), equalizing (rosemary), and clarifying (rose geranium). www.anakiri.com

ROSY OUTLOOK: Romance the day with Lily Organics organic rose facial toner.

DAILY RENEWAL: The gentle almond and lavender face scrub by Kimberly Sayer is a non-abrasive scrub with shea butter, essential oil, and organic grains to deep-clean clogged pores and remove dead skin cells—gentle enough for daily use. www.kimberlysayer.com

GRAIN GOODNESS: Organic grains, clay, herbs, and seaweed in Heal My Face 3 grain scrub and mask deeply cleanse and buff away complexion dulling dead skin and impurities. www.healmyhands.com



Editor's Pick

NEEM DREAM: This light but luxurious, non-greasy and chem-free sunscreen from Pratima Ayurvedic Skin Care uses neem oil, a natural moisturizer, to act as a barrier from harmful UV rays as it soothes the skin. www.pratima-skincare.com



moisturizers

AUSTRALIAN HERBAL: All skin types benefit day or night from Jurlique's Herbal Recovery Gel, a potent botanical rejuvenating gel designed to promote cell regeneration and neutralize the effect of free radicals. www.jurlique.com

BELLA BALM: Indulge in Pangea Organics' Italian Red Mandarin with Roses facial cream to nurture and hydrate. www.pangeaorganics.com

DESIGNER ORGANIC: The newest English beauty to hit the cosmetics counter, Stella McCartney's CARE 5 benefits moisturizing cream from YSL Beaute, uses five potent organics from nature to nurture, hydrate, and firm. www.sephora.com

LIGHT AND LEMONY SUN SENSE: This lemon-infused ultra-light facial moisturizer with organic SPF 25 from Kimberly Sayer absorbs like a dream, detoxifies, and even fights acne—ideal for use under makeup, safe for sensitive types. www.kimberlysayer.com

FINE WINE: The production of collagen is activated by wine in Mastic defense 24-hour moisturizing and rejuvenating cream, along with vitamin E and grapeseed extract to fight aging and soothe irritation. www.masticspa.com

EARTHLY DELIGHT: Fig and cranberry in Gifts of the Goddess Day Time Renewal moisturizes and eases fine lines with antioxidants, vitamin C Ester, and carrot seed. www.giftsofthegoddess.com

