

NATURAL HEALTH

feel good | look good | do good

51 WAYS TO

DETOX YOUR LIFE

{BODY, HOME
& MIND}

6 Supplements
You Should
Be Taking

10 BEST
FOODS FOR
YOUR HEART
(PLUS RECIPES)

plus:
**HERBAL
COLD FIGHTERS**

Has Your
Fatigue Been
Misdiagnosed?

**BURN
CALORIES
IN BED**

Can Chocolate
Lower Your
Blood Pressure?

Carol Alt's
**ENERGIZING
Raw Food Diet**

FEBRUARY 2008

DISPLAY UNTIL FEBRUARY 11

USA \$4.50 CANADA \$6.50



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Step 1: SOAK Feet swell throughout the day. To reduce the puffiness, soak your feet in a mixture of water, a dozen ice cubes, six drops of tea tree oil, and rosemary leaves. Submerge one foot for 30 seconds, remove from water, then rub with a towel. Repeat with the other foot. For pure relaxation, soak both in warm water instead. Try EARTH THERAPEUTICS TEA TREE OIL FOOT SOAK (\$8; earththerapeutics.com).

feet



Step 2: EXFOLIATE

While all soaks help soften skin, some also exfoliate dead skin cells, making feet smoother. "Both milk protein and fruit juices contain natural acids that gently improve rough patches," says Michael Lanzo, assistant manager of Spa Moana at the Hyatt Regency Maui Resort & Spa in Hawaii, which uses fruit soaks. For stubborn dry spots, try gently rubbing your feet with a pumice stone or a scrub like EO FOOT SCRUB (\$9; eaproducts.com).

Step 3: MOISTURIZE

"When calluses build up and dry out, they often crack," says Alan Dattner, M.D., a holistic dermatologist in New Rochelle, N.Y. Many foot creams like KISS MY FACE PEPPERMINT FOOT CRÈME (\$9; at drugstores) contain heavy ingredients such as glycerin for extra protection. As a final touch, slip on comfy socks to help lock in moisture.

STAY IN THE MOMENT: Practice mindfulness, suggests Carboni. "Ask yourself: 'How does the water feel on my body? What does my breath feel like?' This act of mindfulness refreshes and revitalizes."

