

# Spa

Healthy Living,  
Travel & Renewal

**15 top facials**  
for flawless skin

**spa at home**  
the art of the bath

**reduce stress**  
dr. andrew weil  
explains how

## ANTI-AGING SPECIAL ISSUE

time-tested spa strategies for  
looking and feeling fabulous



the best products  
TO PLUMP, FIRM, SOFTEN, AND SMOOTH

OCTOBER 2007  
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living well health report

### Grocery Guru

Book a cooking session with Laurie Erickson, one of the chefs at The Spa at Sea Island in Georgia, and you'll likely find yourself in the local supermarket. Erickson's Intelligent Grocery Shopping excursion, which can be arranged as part of the spa's cooking school, takes you on location aisle by aisle in search of healthy ingredients. Over all, stick to foods with no additives, preservatives, or artificial ingredients. Says Erickson, "Stay focused, opt for fresh ingredients, and never go shopping when hungry." Here's what else Erickson taught during my recent spa stay: SHARI MYCEK

**Produce** Be sure to choose organic fruits and vegetables, particularly strawberries, grapes, apples, cherries, nectarines, spinach, red bell peppers, and lettuce.

**Baked goods** Seek out breads that list a whole grain as the first ingredient.

**Olive oil** Look for first-pressed, extra virgin. "The greener the better," Erickson guides.

**Seafood** The best choice is wild Alaskan salmon; otherwise, buy organic farmed fish and shellfish, and be sure to smell the item before purchase. "It should never smell fishy or like bleach," Erickson advises.

**Dairy and meat** Choose organic.



### CHOCOLATE DELIGHT

The Apothecary line of five antioxidant-packed chocolate bars and six tasty elixirs infused with therapeutic botanicals by Dagoba Organic Chocolate is making it healthier than ever to indulge your sweet tooth. Shown here are the Moon Cycle elixir (which features red raspberry, blessed thistle, and vitex berry to support harmony and balance) and two chocolate bars: Clarity (containing gotu kola, ginkgo biloba, and hawthorn berry which illuminate the mind) and Energy (with guarana, rooibos, and green tea to wake up the mind, body, and spirit). You can find the beneficial treats at Exhale spas and dagobachocolate.com. JULIE SINCLAIR