



Flowers' fragrance-giving oils supply some of the most beautifying compounds found in nature. "The essential oils of flowers are incredibly powerful," says Jerry Angelini, MS, director of health and wellness at Two Bunch Palms Resort and Spa in Desert Hot Springs, Calif. "And when you use them in beauty treatments, you're impacted by their soothing fragrance as well as their healing effects on skin and body."

Treat yourself to our pick of beauty goods that go far beyond garden-variety.

# petal power

*Let beauty blossom with a bouquet of benefits for skin and hair*

BY ELIZABETH BARKER

PHOTOGRAPHY BY MIKE LORRIG

STYLING BY ANDREA KRAUS

**1.** Sweet and tealike in aroma, jasmine (found in Pacifica Waikiki Pikake Body Butter) acts as a cell regenerator to smooth dry or mature skin. \$15.95/8 oz.; pacificacandles.com

**2.** Along with calming irritated skin, spicy ylang-ylang stimulates circulation, making Pangea Organics Malagasy Ylang Ylang & Linden Flower Shower Gel an ideal head-to-toe revitalizer. \$14/8 oz.; pangeaorganics.com

**3.** Long used in exquisite perfumes, gardenia is blended with jasmine, geranium, and tuberose in Red Flower Spanish Gardenia Cleansing Hair Wash to infuse your hair with naturally gorgeous scent. \$28/8 oz.; redflower.com

**4.** Add Tact Cedarwood & Geranium Bath Salts to bathwater and soak up tension-melting geranium, reputed to ease skin troubles such as eczema and dermatitis. \$5/60 g; newlondonpharmacy.com

**5.** Favored for hydrating parched skin and cooling inflammation, the rose featured in Jurlique Rosewater Balancing Mist smells especially sweet on sweltering summer days. \$31/3.3 oz.; jurlique.com

**6.** Skin-rejuvenating calendula (aka marigold), supplied in Kimberly Sayer Tangerine & Calendula Healing Light Night Cream, helps diminish sun damage as well as acne scars. \$32/2 oz.; kimberlysayer.com ■

*Los Angeles-based writer Elizabeth Barker still keeps her prom roses pressed inside an old dictionary.*



## The Skinny on Essential Fatty Acids

Dr. Ohhira's balanced VEGAN alternative to fish oils



### Dr. Ohhira's Essential Living Oils

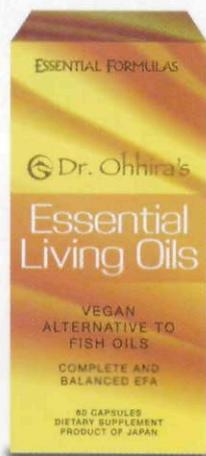
provide the beneficial essential fatty acids (EFAs) in an ideal balance of Linolenic Acid (Omega-3), Linoleic Acid (Omega-6), and Oleic Acid (Omega-9).

### Essential fatty acids

- build hormones and maintain normal nervous system function\*
- promote effective immune function\*
- assure cell membranes do their crucial job, letting nutrients in and wastes out\*

We need essential fatty acid supplements because our bodies cannot manufacture enough of them. All too often, our processed foods contain health-damaging fats and few of the beneficial fats.

Dr. Ohhira's Essential Living Oils were created after extensive research by Dr. Ohhira, a renowned Japanese scientist. Eight high-quality plants and seeds were carefully selected to provide important fatty acids that support optimal health to the cells, which in turn build optimum organ function.\*



**\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**

ESSENTIAL FORMULAS

Available at better healthfood stores nationwide.

For more information call (972) 255-3918  
or visit [www.EssentialFormulas.com](http://www.EssentialFormulas.com)

Circle reply #9 on Info Center card

Copyright of *Vegetarian Times* is the property of Active Interest Media, Inc. and its content may not be copied or emailed to multiple sites or posted to a listserv without the copyright holder's express written permission. However, users may print, download, or email articles for individual use.