

# NATURAL HEALTH

feel good | look good | do good

"Mindful eating and yoga saved my life," says actress and author **MARIEL HEMINGWAY**.

## HEAL YOUR LIFE

plus:

**DR. OZ'S ULTIMATE HEALTH TIP**

**Age-Proof Your Body**

**9 TOP NATURAL BEAUTY BUYS**

- ▶ BEAT FATIGUE
- ▶ BOOST MOOD
- ▶ EASE PAIN

### PURIFY YOUR BEAUTY ROUTINE

Makeup artist **Renata Helfman** gets her healthy glow from all-natural beauty solutions

#### Renata's Picks

#### Tracie Martyn Firming Serum

The Anti-Aging Potion is pricey but worth every penny. Use it on your face (you only need two pumps), around the eyes and on your neck and chest - you won't believe how amazing your skin will look and feel. The antioxidants and botanicals visibly diminish summer damage (like hyperpigmentation and fine lines) and firm, strengthen, and restore thin skin.

