

Ladies' Home Journal

APRIL 2014

INSPIRING
READER STORIES
"THE
BRAVEST
THING
I'VE EVER
DONE"

LOOK
GORGEOUS
IN YOUR
GLASSES
(IT'S ALL ABOUT
THE MAKEUP)

CELEBRATE
SPRING

- * 5 INSANELY EASY
DECORATING
IDEAS FOR
YOUR HOME
- * DELICIOUS
NEW BRUNCH
RECIPES

MARIA
MENOUNOS
EVERY
GIRL'S
GUIDE
TO A
HEALTHY
DIET

KEEP
YOUR
BRAIN
SHARP
FOR THE
REST OF
YOUR LIFE

YOUR MOST BEAUTIFUL SELF

SHINE

Relax—you don't have to spend a fortune to find pure and simple ingredients.

Natural Beauty

It's easy being green when there are so many eco-friendly skin, hair and body products. Turn the page for our spring favorites.

BY ERICA METZGER



1\ Skin Salad Kale, spinach and swiss chard extracts boost this oil-free formula. ALBA BOTANICA GOOD & HEALTHY TINTED PERFECTOR, \$10

2\ Green Bargain The sulfate- and paraben-free formula leaves your hair soft and glossy. HERBAL ESSENCES NAKED SHINE SHAMPOO, \$5

3\ Bright Eyes These earthy shades get their color from 100-percent-mineral pigments. DR. HAUSCHKA CHORUS COSMETICS COLLECTION EYESHADOW DUO IN GREEN/PASSIONATE VIOLET, \$30

4\ Nontoxic Polish Get a mani minus the toluene, formaldehyde, DBP and camphor. SPARITUAL VEGAN LACQUER IN NAVIGATE, \$12

5\ Botanical Treat Organic camellia, rosehip and sunflower seed oil boost hydration, minimize fine lines and calm redness. KARI GRAN ESSENTIAL SERUM, \$60

6\ Grime Fighter This gentle daily wash combines organic aloe, cucumber and watercress. NOURISH ORGANIC MOISTURIZING CREAM FACE CLEANSER, \$14

7\ Pot of Gold A rich nut-oil moisturizer pampers rough, scaly skin (and it doesn't contain parabens or petroleum). JUARA CANDLENUT BODY CRÈME, \$35

8\ Lip Service Stow these cute organic lip smoothers in your purse and desk. EOS LIP BALM SMOOTH SPHERE IN PASSION FRUIT, \$6 (FOR A SET OF TWO FLAVORS)

9\ Fringe Find Rice protein and organic beeswax naturally volumize your lashes. PHYSICIANS FORMULA ORGANIC WEAR CC CURL + CARE MASCARA, \$10