

Saving Skin

Baby your skin and fight the signs of aging with these face and body beautifiers.

BY LAURA SCHOBER

BRIGHTEN UP

DERMA E Vitamin C Concentrated Serum contains hyaluronic acid to hydrate skin and vitamin C for a dose of antioxidants. Layer this underneath moisturizer to boost radiance, even tone and reduce fine lines and wrinkles. \$24.50, dermae.com

SMOOTH AS VELVET

In Ancient Egypt, Cleopatra preserved her luminous skin by taking rose and milk baths on the regular. Lucky for us, Nubian Heritage Goat's Milk and Chai Body Lotion contains rose and chai extracts to defend against aging free radicals and moisturizing shea butter to leave skin luxurious – just like a queen's. \$13, nubianheritage.com

BALANCING ACT

Using tropical flower extracts as well as banana and aloe to soothe skin, plus clay to draw out impurities, Ola Tropical Apothecary Pua: Hibiscus Volcanic Mask keeps skin healthy while preventing breakouts. \$37.50, hawaiianbodyproducts.com



KATHRIN BRUNNER is a Toronto-based nutritionist and yoga teacher. She has a passion for holistic living and is a super-avid DIYer who has created several lines of natural body-care products. Brunner teaches at The Institute of Holistic Nutrition and has a private practice that offers a variety of workshops, corporate talks and yoga classes. Visit her website at fortheLoveofbody.com.