

# *organic* Beauty

GREEN + NATURAL + ECOFRIENDLY

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Natural Beauty Secrets

FEBRUARY 2009



## Ask Rona

### Expert Answers to Your Natural and Organic Beauty Questions

**Q** I like the idea of eating organic, but it's so much more expensive. These days, I need to cut costs whenever I can. Any suggestions?

*Luba, Sacramento, California*

**A** Luba, you're right! At most of the natural-beauty press events I attend, an expert will talk about the health benefits of an organic diet, but it's expensive, and not everyone can afford it. After all, wouldn't we all eat organic, if we could?

But if you can't go all the way, my suggestion is to do what you can—small steps!—and prioritize. For example, try to buy organic eggs, milk, and chicken, because they are antibiotic- and hormone-free. I asked Lisa Drayer, RD, MA, and author of *The Beauty Diet* (McGraw Hill, 2008) to advise us on what else to do. "I recommend buying organic versions of the fruits and vegetables with thinner skins, which makes it easier for pesticides to penetrate," says Drayer. "For example, peaches, apples, sweet bell peppers, celery, nectarines, strawberries, cherries, lettuce, imported grapes, pears, spinach, and potatoes contain the highest levels of pesticides according to more than 40,000 tests for pesticides on produce. Pregnant women and very young children, especially, should choose organic versions of these fruits and vegetables whenever possible."



To contact Rona with your questions, email [editor@organicbeautymagazine.net](mailto:editor@organicbeautymagazine.net)

**Q** My skin gets super-dry in the winter. It can feel tight, and even start to flake. What can I do?

*Sheryl, Evanston, Illinois*

**A** Dry, dull-looking skin is very common during this time of year, as indoor heat, wind, and winter dryness can all be culprits! I recommend that you apply a moisturizing face mask weekly—or twice a week. Not only is this an underutilized beauty secret, it is also a great way to steal 10 pampering minutes for yourself!

Look for a mask with moisturizing ingredients like aloe vera, yogurt, honey, milk, or essential oils like rose, and chamomile (great for sensitive skin). Arnica and calendula are especially soothing for extremely dry, dehydrated skin. Avoid ingredients like clay or kaolin, and witch hazel. These soak up your skin's natural moisture, which is why they are great for oily skin. If your skin is really sensitive, do a 24-hour patch test first.