

A woman's face is the central focus, surrounded by a dense collection of butterflies of various species, including monarchs and glasswing butterflies. A large moth with prominent eyespots is perched on her forehead. The background is a lush green mossy surface with small yellow flowers. The text '002 houston' is overlaid at the top, with '002' in purple and 'houston' in white. Additional text includes '002mag.com | free' in the top right, 'july 2014 | volume 16' on the left, and 'issue 187 CITY GUIDE' on the right. The title 'A Personal metamorphosis' is written in white cursive at the bottom right.

# 002 houston

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july 2014 | volume 16

issue 187 CITY GUIDE

A  
Personal  
metamorphosis

# STYLE+LEISURE

## THE OIL TREND

You might think slathering on oil is a bad idea and a breakout waiting to happen, but don't knock it 'til you try it. I've been an oil fan for a while and find that my skin breaks out *less* than with conventional moisturizers. Oils like argan can decrease inflammation and help aging skin look more plump as it loses natural oil (once you hit 30), plus applying oils prior to anti-aging creams preps the skin for better absorption of your retinol, glycolic acid or vitamin C. Here are a few of our favorites.

**JASON** Vitamin E Skin Oil helps fight wrinkles and fine lines when applied at night. Available at Whole Foods.

Local hair guru **BeverlyD's** hair oil Appreciation smells divine while repairing and preventing damage. Available at [www.amazon.com](http://www.amazon.com) and **K Renee Salon**.

**Anthony** Pre-Shave Oil preps for a smooth shave. Massage a little into beard, top with shaving cream or gel and shave. A combination of olive oil, castor oil, eucalyptus, peppermint, rosemary, vitamin E and calendula shine. [www.anthony.com](http://www.anthony.com)

4–5 drops at night of **De Mamiel's** wild crafted Pregnancy Oil nourishes, soothes, calms and renews the complexion with chamomile, rose geranium, rosheip, calendula, borage and argan oils. [www.shen-beauty.com](http://www.shen-beauty.com) (editor's favorite)

Local brand **Drunk Elephant's** Virgin Marula Oil, high in antioxidants and Omegas 6 and 9, preserves and heals while restoring a youthful glow. Available at Sloan Hall + [www.drunkelephant.com](http://www.drunkelephant.com)

**Marula** Facial Lotion's 100% natural formula with pure Marula oil promotes collagen production. [www.softsurroundings.com](http://www.softsurroundings.com)

Chamomile, vetiver and ylang ylang calm the mind and nourish the skin in **Aromatherapy Associates** Relax Massage & Body Oil.

**Caudalie's** Divine Oil is a dry oil that enhances face, body and hair with a blend of grape, hibiscus, sesame and argan. [us.caudalie.com](http://us.caudalie.com)

A Bedtime Ritual, **Essence of Vali's** essential oil combo of lavender, cedar wood, marjoram and ylang ylang. One drop of this oil on your pillowcase at night will promote sleep. [www.softsurroundings.com](http://www.softsurroundings.com) **Dermalogica's** Pre-cleanse deep cleans with olive oil, kukui and apricot oils to melt away impurities. [www.dermalogica.com](http://www.dermalogica.com)



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