

Health, Wellness & Modern Green Living

organic spa
MAGAZINE

SKIN CARE GUIDE

1050+
Organic & Natural
Skin Care, Hair Care
& Makeup Brands

An Interview with
AMANDA SEYFRIED

- ▶ Beautiful Brows
- ▶ *Super Serums*
- ▶ Lovely Luminizers
- ▶ *Age-Defying Face Massage*

DISPLAY UNTIL OCTOBER 26, 2017

\$7.99US \$8.99CAN

7.5>



A Lifestyle Publication
www.organicpsamagazine.com

Reef-Friendly
Sunscreens

**NATURAL BEAUTY
SECRETS FROM**
*Kristin Cavallari &
Miranda Kerr*

SUPER SERUMS

Landing somewhere between an oil and a cream, these potent and powerful skin serums pack an added punch

By **Rona Berg**

Serums are so hot they seem to have ignited the natural beauty industry these days! And for good reason: Concentrated and targeted, the small molecular structure of natural and organic versions allows them to penetrate deeply to nourish, hydrate, firm and restore the skin.

Sometimes a serum is simply a face oil by another name, a code word for those who may not have gotten the knack of applying oil to the face, while a product called a serum may seem more appealing. In its other reality, a serum is a thick, viscous liquid, somewhere between an oil and a cream.

In either case, they really work, and a little goes a long way. While serums may seem a bit pricey up front, the cost evens out in the end. Here are some of our new favorites.

Shankara Anti-Age Serum This star product was awarded the Sustainable Skincare Award last year from the Green Spa Network (greenspanetwork.org).

Formulated based on the principles of Ayurveda, and part of the Tri-Dosha Collection (good for all skin types), with the help of ingredients like gotu kola and chamea rose, it helps firm and moisturize the skin. \$70; shankara.com



Laurel Whole Plants Face Serum: Anti-Inflammatory A beautiful serum that works wonders on sensitive, inflamed skin, as well as acne, eczema, dryness, broken capillaries and more. Borage seed oil, high in essential fatty acids, keeps skin smooth and reduces lines and wrinkles; chamomile soothes and regenerates roughed-up skin; and Chinese skullcap is a powerful anti-inflammatory. \$88; laurelskin.com

Jurlique Herbal Recovery Advanced Serum A potent botanical brew with over 18 botanical extracts, essential fatty acids and vitamins, this serious serum, a gel concentrate, gets the job done and helps restore elasticity and smoothness and gives a glow to the skin. \$56; jurlique.com

Intelligent Nutrients Time Traveler Serum With cell-stimulating seed oils—pumpkin, raspberry, grape—and plant retinols from sea vegetables, this luscious, effective serum hydrates, fades dark spots and restores stressed-out skin to glowing good health. \$90; intelligentnutrients.com

Mad Hippie Vitamin A Serum Mad Hippie, a brand that started in Austin, TX, is still a bit under the radar, though it is one of the best brands out there for gently aging skin. This non-GMO, vegan serum is a natural version of a retinol, and features antioxidants and vitamin A to soften wrinkles and fade brown spots and skin discoloration. \$33; madhippie.com

Palermo Body Regenerative Facial Serum A few precious drops, after cleansing, will leave the skin glowing. Oils of rosehip seed, argan, apricot kernel, baobab, evening primrose, chia seed, sea buckthorn and more will enliven face, neck and the delicate skin around the eyes, with a nutritious omega- and vitamin-rich brew. palmobody.com

Oille Face Serum Pre-Cleansing Intelligence This luxe serum is really a makeup remover and silky serum all in one. Formulated by clinical aromatherapist Kirsten King, it features nutrient-rich watermelon seed oil, organic lemon essential oil, pineapple enzymes, vitamin C and several other lovely luscious carefully curated ingredients to leave skin clean, hydrated and makeup-free. oillenatural.com

Bottega Organica Activate Face Serum With the ingredients grown and products crafted on an organic farm, purity is premium for this beautiful brand. This serum—with extracts from the potent prawn sage plant along with French lilac—gives a radiance and gorgeous healthy glow to the skin. \$95; bottegaorganica.com

