Wellness Living & Travel

Sanic Spanish

BEAUTY & WELL-BEING ISSUE

OUR FIRST ANNUAL BEAUTY AWARDS

SCANDINAVIAN BEAUTY SECRETS

CBD BEAUTY + WELLNESS TRENDS

VIBRATIONAL SKINCARE



CORRESPONDENT Dr. Jennifer Ashton's Plan for Self-Care





top holistic healers _____

Yum Gourmet Skincare Marine Algae Calming Gel

Seaweed-based, and rich in a shiitake and mannetake mushroom biocomplex, this gel provides cooling and relief for even the most sensitive and irritated skin. yumskincare.com

Tammy Fender Spontaneous Recovery Crème

After a day on the slopes or out in the sun, this little miracle worker will restore luster and glow to the skin. With a blend of beautiful botanical oils, the skin will feel like it's been reborn. tammyfender.com

Pure Remedy Vegan Original Healing Homeopathic Salve

For healing just about everything skin-related, from itching and dryness, to bug bites and irritation. puremedy.com

most sustainable packaging

Ethique

This company not only saves water, with its water-free shampoo bars, and concentrated face, hair and body products—the first—which last two to five times longer than the standard, the sleeves they come in are 100 percent compostable, meaning zero consumer waste. ethique.com

top *acne treatments*_____

La Bella Figura Purifying Manuka Mask

Manuka honey is a powerful antibacterial, gotu kola keeps skin from drying out and activated bamboo charcoal draws out impurities. A potent treatment for fighting breakouts and calming congested skin. labellafigurabeauty.com

Herbivore Bamboo Charcoal Cleansing Bar Soap

Sometimes simple is best, and this simple bar soap, with tea tree oil to kill bacteria and bamboo charcoal to absorb oil, is a detoxifying, deep cleansing treatment for acneic skin. herbivorebotanicals.com

Ursa Major 4-in-1 Essential Face Tonic

Splash on face and neck to cleanse, exfoliate, remove excess oil and clear blemished skin, with white willow bark extract, rosemary leaf, green tea and olive leaf extracts. ursamajorvt.com

most *philanthropic*

Shankara

This beautiful Ayurvedic skincare brand donates no less than 100 percent of its net profits to doing good around the globe. shankara.com