



Beauty Swellness: Surya Brasil Sapien Women

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Since I take no fewer than 10 showers a week (thanks to training for races along with other workouts, I'm in the shower way too often), great bath and shower products are essential.

My latest favourite is from **Surya Brasil** — the Sapien Women Body Scrub and Body Moisturizer (which will soon be available on well.ca). The products from this company are natural and organic, and are free of sulphates, silicone and ethyl alcohol.

What I love about the scrub is the fine grain (it's composed of coconut bark and buriti); it rinses off well and doesn't leave the tub a mess with bits and pieces of exfoliant. And the moisturizer leaves skin well hydrated, which my dry winter skin desperately needs.

Both products have a lovely light tropical fragrance (I believe it's coconut with some notes of mango). It's not overpowering; just enough of a fruity scent to get you dreaming of a getaway to a beach paradise without being so strong that anyone will notice (unless they're real close to you).

A great way to get skin fresh and glowing now so it's ready to be exposed come spring—and with the tropical scent, a good coping mechanism until sunny days are here again.

Link <http://healthandswellness.com/beauty-swellness-surya-brasil-sapien-women/>