

Resolution: Pamper yourself in 2005 from head to toe



Foot Butter with Gemstones for the Tootsies Artemis Woman, LLC, now offers Topaz Foot Butter, a foot scrub that combines essential oils of bergamot, tea tree, and lemon with finely ground yellow topaz gemstones and shea butter. Gemstone therapy is a hot new trend in spas around the country. Ancient cultures believed that yellow topaz was colored with the golden glow of the sun gods, and was able to strengthen and invigorate the mind, body, and spirit. For

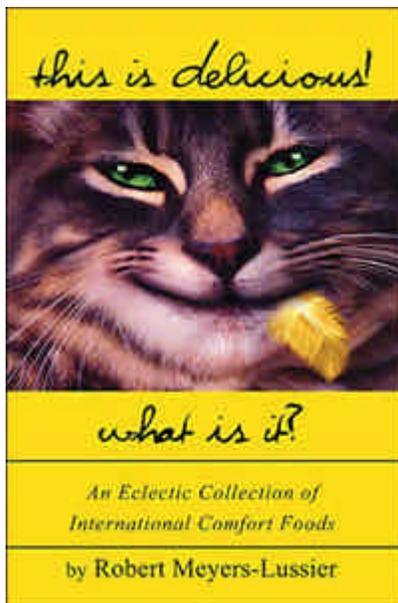
women seeking a new and invigorating way to soothe tired, aching feet, **Topaz Foot Butter** can refresh and renew sore, cracked and dry feet. The crushed yellow topaz buffs away dry skin. By combining crushed gemstones with therapeutic essential oils, the foot butter refreshes, protects and strengthens both body and spirit, while treating the feet to moisturizing shea butter. Artemis Woman's skincare line includes facial scrubs, foot butters, hand crèmes, microdermabrasion kits, and professional facial centers. the Topaz Foot Butter is sold at the Artemis Woman

website: www.artemiswoman.com) \$24.99

Comfort Food Cookbook chef and author Robert Meyers-Lussier

has wrapped up an eclectic collection of international comfort foods titled **This Is Delicious! What Is It?** Contained within are not your mother's comfort foods a la June Cleaver, rather, her more flamboyant counterpart's. Inspired by the 1989 film *Babette's Feast*, Meyers-Lussier began cooking while stationed with the Army in then West Germany with the intent of shrinking the world onto a table and shocking dinner guests with exotic flavors and ingredients.

The book has over 250 recipes and 75 photographs, including some of the most comforting dishes from cuisines around the world. From France there is a soothing



Pamper your skin and hair... Inspired by the fragrant citrus groves that surround the world-famous spa, **Golden Door** introduces a new collection of bath and body care to parallel its mind-body-spirit philosophy. Essential oils litsea cubeba, lavender, lemongrass oil, cajeput and lemon oil provide soothing and invigorating aromatherapy benefits for the soul, while other botanical ingredients, including avocado shea butter, chamomile and olive oil provide natural antioxidant benefits for the body.

The new **Citrus Blend Signature Collection** features a citrus scent and combines herbal and plant knowledge, with botanical and mineral ingredients. A dye-free and artificial fragrance-free, the Citrus Blend Signature Collection features all-natural, facial-quality ingredients with no animal byproducts or preservatives and never tests on animals.



Products include:
• Citrus Blend Sea Salt Scrub with Avocado—Aromatic body scrub blends Dead Sea and ocean salts with other ingredients. 17.5 oz

Jar, \$38.50

• Citrus Blend Shea Butter—Restores moisture to the dry skin. Pure essential oils combined with nature's most refreshing botanicals rehydrate and revitalize problem spots. 4 oz. Tube, \$40 .

• Citrus Blend Bath and Shower Gel —Refresh aromatic bath and shower gel cleanses without disturbing skin's natural lipid barrier, an ideal choice for sensitive skin types. 6 oz. Bottle, \$22.50; 32 oz. Bottle, \$62.

• Citrus Blend Body Lotion—Lightweight and deeply hydrating body moisturizer absorbs quickly to ease away dryness and restore skin's resilience and suppleness. 6 oz. Bottle, \$27.50; 32 oz. Bottle, \$67.

• Citrus Blend Shampoo—Gently cleanses and nourishes with pure botanical nutrients. Mild enough for everyday use, yet effective enough to remove excess oils and residues. 6 oz. Bottle, \$18; 32 oz. Bottle, \$47.50

• Citrus Blend Conditioner—Super-hydrating and lightweight formula benefits all hair types. Combats dryness, repairs split ends and promotes healthy hair growth. 6 oz. Bottle, \$20; 32 oz. Bottle, \$49.50 Ordering: Golden Door Skin Care, P.O. Box 463060 Escondido, CA 9203060. Call 760-591-7766 or 1-800-231-1444, Email: skincare@goldendoor.com or visit www.goldendoorskincare.com



Comforting Teas Chamomile has long been

vichyssoise.

Along the Mediterranean is a relaxing dish called pastitsa, from Greece. Crossing the sea to the Middle East is an apple baklava that strengthens the after-dinner spirit. Traveling through Russia, borscht satisfies the beet lover. Across the Asian continent, sunomono refreshes from Japan. Down the coast, the Thai offer their palatial dish, pad thai. Sailing the Pacific, a luscious tropical cheesecake beckons. **This is Delicious! What Is It?** ISBN: 0-595-30505-9. July 2004 \$24.95. Available from: Ingram, Baker & Taylor and iUniverse, Inc., and at Amazon.com.

known as a helper for digestion and calming the nerves. Zhana's Gypsy Tea adds Southern French Lavender and sun-dried rose petals. Historically used to induce sleep and to facilitate meditation in a restless mind.

The word chamomile stems from the German word for "earth apple" referring to its sweet scent. Lavender has been used in folklore to promote well-being, relaxation, and to wash away depression. It is also known to be effective in attracting and emanating spiritual love. Sold in whole leaf form in 3.5 oz cans. USDA organic. Call 800-448-0803. www.gypsytea.com.

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