

T R U E B E A U T Y

by Sharon McRae

Some of my new favorites this month include products from companies I've reviewed in the past. It's always fun to "dive in" and find new treasures once you've found a company that makes products you like.

Hush + Dotti has a wonderful body product that I've been loving! It's a cross between a lotion, a balm, and an oil, and it has all the best qualities of each. **Organic Body Balm "Halo"** includes super-hydrating ingredients like coconut oil, shea butter, Monoi Tahitian Oil, and vitamin E, and it's lightly scented with Tahitian Gardenia to make you feel like you're on a tropical island. I was surprised, the first time I used it, that it only took one pump to cover most of my body, and it blends in very easily and feels amazing on the skin. It also works to condition and add shine to your hair! It's my favorite after-shower moisturizer at the moment, hands down.

<https://www.hushdotti.com/shop/body-balm-halo/>

Next up is a product from the wonderful clean and vegan cosmetic company **Au Naturale**. I've been wearing a lot more lipstick lately than gloss but find that sometimes the color fades faster than I would like. That's the beauty of **Au Naturale su/Stain Matte Lip Stain**. It has a wand applicator, like a gloss, but goes on with saturated color. I like to apply to my lower lip and press my lips together for just the right amount of color. It really does last, even through a meal! There's a beautiful and comprehensive selection of shades, from light nudes to saturated berries and purples. My favorite of the moment is Kauai, a saturated berry plum that I like wearing for nighttime. It's also not at all drying, which is an added plus!

Au Naturale has recently introduced their products in Whole Foods Markets around the country, so it's nice that you have the opportunity to see and play with the shades in person!

<https://www.aunaturalecosmetics.com/products/su-stain-lip-stain>



My favorite of the moment is **Kauai, a saturated berry plum that I like wearing for nighttime.**

*I especially loved using
**Soothing Touch Peppermint
Rosemary Herbal Salt Scrub**
on my tired feet!*

Lastly, I recently co-hosted a fairly large plant-based educational event in NYC — and was I ever feeling deflated after it was over and the adrenaline rush faded. What I really needed was a spa day, but I couldn't work it into my schedule. So I did the next best thing and indulged in a product that made me feel like I was at the spa! **Soothing Touch Peppermint Rosemary Herbal Salt Scrub** really energized me and helped to clear my head at the same time. It has a very pleasant feel, not at all harsh, and with its exfoliating action to remove dead skin cells, it leaves skin feeling soft and silky-smooth. It's also packed with antioxidants (organic argan and sea buckthorn oils) and also contains an Ayurvedic organic blend of oils that help to moisturize and protect skin. I especially loved using this on my tired feet! This is a great, inexpensive home spa treatment that I'll be using regularly. I found a 20 oz size in Whole Foods Market that should last forever! There are other scents available, too, including Lavender and Tangerine, which I'm sure I'll be trying at some point.

http://www.soothingtouch.com/salt-scrub-organic-peppermint-rosemary.html?Session_ID=9117e4d5b3e176824394e9ae1828a688



About the Author

Sharon McRae is a wife and mother of three teens as well as a certified health coach and PCRM Food for Life instructor, residing in Columbia, MD. She has been adopting and applying principles of health and nutrition in her own life for more than three decades. She became a health coach to fulfill her passion of helping others take control of their health by making better lifestyle choices and adapting a whole-foods, plant-based vegan diet.

