

natural be

Pamper

Cleopatra Serenity Bath

Cleopatra has gone down in history as a legendary beauty. Her secret? Bathing regularly in rose petals. To channel her natural radiance, soak in this Egyptian-inspired bath recipe from the bath sommelier at Chicago's Fairmont Hotel:

- 4 drops rose hip-seed oil
- 2 drops myrrh essential oil
- 2 drops frankincense essential oil
- 1 qt. water
- 4 oz. pre-grated castile soap
- 1 ½ oz. glycerin

Combine ingredients (all available in health-food stores) and add to bath. To pamper your senses *and* your skin, sprinkle in rose petals and place rose-scented candles around the tub.

yourself beautiful

with roses!

In antiquity, the Greeks splashed themselves with rose-scented oil to achieve a love-inviting glow. In Medieval times, French monks employed roses to heal all kinds of skin disorders. Today, skin care scientists are fusing the healing and beautifying power of roses into pampering products. Read on to discover how they can brighten your day!

MAKE REDNESS DISAPPEAR

“Rose compounds are potent anti-inflammatories, reducing uneven pigmentation and soothing redness caused by broken capillaries and dryness,” says MaryAnn Groark, a certified aromatherapist with a master certificate in Skin Care Ingredients and Cosmetic Science from UCLA. The reason: Roses contain mild astringent tannins and high levels of retinoic acid (a form of vitamin A), which work together to increase capillary strength and improve skin’s structure.

Bonus benefit:
Add to conditioner
for shiny hair!

Dr. Hauschka Rose Day Cream (\$35 for 1 oz. at sephora.com), a favorite of celebrities ←

C.O. Bigelow Apothecaries Triple Rose Water (\$25 for 8 oz. at bigelowchemists.com)

HYDRATE DRY SKIN

Rose essential oil, extracted from petals, makes a great toner for dry, sensitive skin. “It offers just the right level of astringency—enough to cleanse skin without stripping it dry like chemical toners can,” explains Barbara Close, author of *Pure Skin* (Chronicle Books, 2005). It also acts as a humectant, preventing evaporative moisture loss and reducing the appearance of wrinkles and other signs of premature aging, adds Groark.

Aubrey Organics Rosa Mosqueta Night Crème with Alpha Lipoic Acid (\$17.50 for 1 oz. at aubrey-organics.com). ←

100% Pure White Tea Rose Soother Facial Toner (\$13 for 8 oz. at puritycosmetics.com), ideal for sensitive skin ←

SOOTHE CHAPPED LIPS

Rose-hip seed oil, derived from rose seedpods, is soothing and moisturizing when applied to lips, thanks to its high concentration of fatty acids. “Rose-hip oil is an emollient, high in gamma linoleic acid,” says Groark. “It helps skin cells stay tightly compressed, discouraging moisture loss so skin stays plump and healthy.” The antiseptic and moisture-holding qualities of rose wax also help soothe chapped lips by filling in cracks.

Mark Kiss Therapy Super Soothing Lip Balm (\$4 for .42 oz. at meetmark.com) ←

Rosebud Perfume Co. Smith’s Rosebud Salve (\$5.50 for .8 oz. at beauty.com)

