

Modern Green Living + Spa Wisdom

**organic spa**  
MAGAZINE

Your  
Comprehensive  
Resource

# SKIN-CARE GUIDE

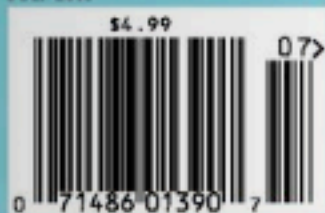
Featuring  
**350+**  
ORGANIC &  
NATURAL  
COMPANIES!

**SAFEST  
SUNSCREENS:**  
Say 'No' to Toxins!

**TOP INGREDIENTS  
TO AVOID**

**NEW!** Skin-Care iPhone App  
See page 65

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A Lifestyle Publication  
[www.organicpsamagazine.com](http://www.organicpsamagazine.com)

**6 RELAXING  
ROOM SCENTS**



## 90210 Gets its Sanskrit On

If you get amped up after a day of touring the studios and hiking 'round the Hollywood sign, try the brand-new organic Ila Facial (\$175 for 60 minutes) at the Four Seasons Beverly Hills; it's just what the naturopath ordered! Ila is the Sanskrit word for "earth," and also the name of a Hindu goddess associated with well being. Here in La-La Land, Ila's skincare range is 100 percent synthetic- and chemical-free (unlike most other Hollywood denizens!) and its products are hand-blended to ensure all holistic essential oils and creams contain nature's purest ingredients. After gentle toning with Ila Cleansing Milk and Hydrolat Toner, your aesthetician massages the face and upper-body chakra points to open energy channels using gentle lymphatic techniques. Post-exfoliation, a mud masque is removed with warm towels and a hydrating application of Ila Face Oil or Rejuvenating Night Crème is massaged. Now for Kundalini yoga or some A-list celeb watching in the sexy Windows bar downstairs! [www.fourseasons.com](http://www.fourseasons.com)



## At Play with the Founders of Alottosay

Sisters, Alison Stanich Power and Jennifer Stanich Banmiller, spent years toiling in corporate America before launching their own line of trendy organic apparel using recycled plastic bottles. By removing plastic from landfills, methane released into the atmosphere is reduced. Their clothes not only reduce energy consumption by 80 percent, they eliminate the use of PVC products by 100 percent and their clothing contains eco-clever phrases ("Love the Planet, Lose the Plastic"), which they hope will empower people to change environmental policy. We recently caught up with the sisters, who shared their thoughts.

**Organic Spa Magazine: What does being green mean to you?**

**Alottosay:** Embracing more eco-responsible choices doesn't mean sacrificing style. Nothing has to look like oatmeal or feel like granola. We want our products, which are all made from recycled bottles, to be modern, inspirational, and cute! Because of our revolutionary manufacturing process, our shirts "breathe" exceptionally well, allowing moisture to escape while keeping you comfortable. And every tee is softer than silk.

**OSM: Making grand gestures, like switching to an electric car, for example, is a huge green jump for most Americans. How do we get there?**

**A:** Start small! We believe that tiny tweaks make a big impact. Even a company, like ours, can make a huge difference in the way people consume and live. Our products are really playful and serviceable, and at the end of the day, creating them makes us feel like we've done something vital.

**OSM: You're busy moms and business mavens. What can you do to stay playful?**

**A:** Our favorite green adventure is spending time in our family's organic gardens. Every year we add more fruits, vegetables, and herbs, and now we donate a lot of produce to local charities. When one person does one single thing with the awareness of its impact, the earth changes. We all have a lot to say, so never be afraid to say it...or wear it. [www.alottosay.com](http://www.alottosay.com)  
-N.D.S.



Nicole Dorsey Straff is *Organic Spa Magazine's* Contributing Editor of Play and Adventure.

[www.organicpamagazine.com](http://www.organicpamagazine.com)

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