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Spring Into Shape: Detoxifying Beauty

Thursday, March 20, 2008



here's the juice

Plastic water bottles used to be the symbol of a healthy lifestyle, but concerns about the environment have us thirsty for a new solution. Now **green trendsetters are returning to glass bottles**, and we've got our eye on these **plastic-inspired versions**. Between their sleek design and eco-friendliness, we can hardly contain ourselves!

Fearful of what we might find as we peel away winter layers, we turned to beauty guru and author of *The Ciminelli Solution: A 7-Day Plan for Radiant Skin*, Susan Ciminelli, for tips to spring clean our skin:

Stretch: Try various yoga poses to increase circulation of the blood and lymph fluid. (Peruse [these poses](#) to find something that fits your AM routine).

Dry brush: Start at your ankles and work your way up, using a natural-bristle body brush or loofah to shed winter's dead skin.

Bath: Take revitalizing baths a few times a week for increased circulation, relaxation and to alleviate muscle fatigue. Try adding 2 tablespoons of Susan's [Algae Fine Powder](#) to reduce the effects of water retention.

Herbal aid: Incorporate more fresh herbs into as many dishes as possible as they aid in digestion—and sip on herbal or green teas for the same cleansing properties.

1-Day Super Cleanse: Susan suggests consuming only pineapple or papaya and water for an entire day. Both are high in enzymes that promote detoxification—and the extra fiber helps cleanse your system.

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