

The Pro's Picks Products that are

Spring Awakening

The Healing Arts Guide asked a panel of experts to share their favorite picks for reinvigorating products that will kick-start the season. Here are a few of their recommendations.

Susan Keene, Emerson Resort & Spa, Hudson Valley, New York

a Petal Candle by Zents Candles:

I love to change these soy candles with the seasons. I use spicy Fig in winter and Petal in the spring for its light floral scent of lily of the valley, freesia and lemon. For more information, please visit www.zents.com or call 888-463-4236.

b Silky Skin Body Scrub by Pevonia Botanica:

Finally, an effective but gentle non-abrasive body scrub that polishes away dull winter skin. It has a creamy blend of jojoba beads, rosemary, sage and allantoin. Follow with Preserve Body Moisturizer. For more information, please visit www.pevonia.com or call 3 86-254-1967.

c Milk Bath by Au Naturel Ayurveda:

An intoxicating blend of lavender, honey and milk proteins that will soak all your cares away. One tablespoon will leave your skin soft and your senses soothed. Best before bed! For more information, please visit www.AuNaturelAyurveda.com or call 609-936-0796



Myrna Beardshear, Red Mountain Resort & Spa, St. George, Utah

d Honey Heel Glaze by Farmhouse Fresh:

Made with real honey, this delicious moisturizer works just as well on the whole body, and its spicy, buttery scent is divine! For more information, please visit www.farmhousefreshgoods.com or call 888-773-9626.

e Tranquility Body Oil by [comfort zone]:

This product turns your bath into a decadent milk bath with the most relaxing fragrance. I use this as my "fix" for the blahs. For more information, please visit www.comfortzone.it or call (212) 924-2454.

f Nourishing Massage Lotion by Deserving Thyme:

Touch, feel and smell this line and you'll know immediately how pure it is. Deeply hydrating, I love using it in our desert climate. For more information, please visit www.deservingthyme.com or call 888-468-4963.

The Pro's Pick their favorite

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Samantha Johnson, Stoweflake Mountain Resort & Spa, Stowe, Vermont

g Maple Sugar Body Scrub By Lunaroma of Vermont:

This blend of Vermont maple sugar and raw Vermont honey and salt revives any skin after a long, dry winter. Highly humectant, this product is great for rehydrating tired skin. For more information, please visit www.lunaroma.com or call 802-951-9714.

h Hand-Held Finger Labyrinth by ispiritual:

A labyrinth is meant to help center and restore balance and clarity to the mind. I have one on my desk and use it regularly. It offers me that quiet timeout we all need in our busy days. For more information, please visit www.ispiritual.com.

i Orange, Grapefruit and Clove Soy Candle by Way out Wax of Vermont:

Light this candle to aid in your daily meditation practice. Clove is a sedative, grounding scent, while the Orange and Grapefruit uplift and center. I light this candle in my office to bring clarity throughout the day. For more information, please visit www.wayoutwax.com or call 888-727-1903.

Lisa Hedley, Mayflower Inn & Spa, Washington, Connecticut

j Wild Cherry Blossom Organic Room Diffuser by Red Flower:

This is a luscious spring choice for an instant lift. This scent combines wild cherry blossom, Bulgarian rose buds and ripe cherries and something magical happens. It lifts the spirits in a subtle and splendid way. For more information, please visit www.redflower.com.

k Yogurt Power Peel by ilike:

The Yogurt Power Peel is a circulation-stimulating essential in any arsenal of youth-enhancing facial products. It feels great going on, tingles just enough and wipes off to reveal a pink, fresh glow. Leaves my skin soft, young and ready to go. For more information, please visit www.szepelet.com or call 888-290-6238.

l Soy Candles by Kobo:

These organic candles have everything going for them. Not only are they made of soy, but they also have gorgeous and exotic scents. Even the packaging is beautiful! For more information, please visit www.kobocandles.com or call 518-695-9991.

