



Contact: J9 Public Relations (516) 851-4615

Double Duty

Get beautiful with products that enhance the way you feel and look

Beauty is more than skin deep. The old cliché has never been truer in an age where our busy lives have forced us to forget about leisure and instead scurry around checking off those boxes of important things we need to do. Relax... is just another thing on an already too long To-do List, and unfortunately it always seems to fall to the bottom, unchecked.

Here are some of our favorite beauty products that will give you that healthy, beautiful glow that says "I look good because I *feel* good."

Tub Teas. A fragrant blend of herbs and botanicals that you soak in rather than sip. Even shower-lovers will benefit from an occasional dose of this beauty medicine. Simply fill a warm bath and infuse one of the delicious blends and then climb in for a healthy soak. Be sure to shut the shower curtain and breathe in the soothing steam. Try Bath By Bettijo's Eucalyptus Spearmint Tub Tea. (\$24, www.bathbybettijo.com).

Shea Butter. The moisturizing power of Shea Butter was once a revered secret of the natives in the savannas of Central Africa, where the Mangifolia Tree grows wild. Traditionally, Shea Butter has been used in Africa as a healing balm for rheumatism, muscle aches, burns, and light wounds. Shea Butter softens and nourishes skin and is believed to have antioxidant and regenerative properties. Look for a cream where Shea Butter is at the top of the ingredients list so you'll get a maximum amount of this healing emollient. We preferred creams made with "unrefined" Shea Butter, which soaks in quickly, delivering its goodness directly to your skin. Try Bath By Bettijo's Lemon Almond Whipped Shea Butter. (\$14.50, www.bathbybettijo.com)

Shaving Oil. If you're going to have to shave anyway why not give yourself an aromatherapy treat while you're at it. Shaving oils coat and protect skin during shaving and leave your legs moisturized and extra smooth. Many also contain healthy doses of aromatic essential oils to balance and harmonize. Look for a shaving oil rich with Vitamin E to heal and soothe skin, and Jojoba that will replenish moisture quickly as it is nearly identical to skin's natural oils. Try Bath By Bettijo's Silky Shaving Oil. (\$9.50, www.bathbybettijo.com)

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