

PRE-FALL 2008

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Issue

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Over
20

Prep Tips for Your
Frenzied Fall Schedule

**The
"Intelligent"
Diet?**

**Banish
Blemishes:**
Natural Acne Treatment

Hair Colour
Makeovers, the
Natural
Way!

Hot *Beauty* Hints for Your Head
and Shoulders, Hands and Feet

A+
Ovarian Health
Guide

Your *Slim and Sexy*
Lunchtime Workout

Something to Smile About:
Whiter, Brighter Teeth

Exclusive
**Maria
BELLO**

Staying Balanced with the Star of the **Mummy 3**

Pet Health:
Plant-Proofing Your Home

Fresh Faces for Fall

Beat those end-of-summer blues and look like a star with these fresh Hollywood beauty secrets.

By Rachel Lockwood



Lauren Conrad

Whether she's battling with friends, going to school or working with her very own fashion line, this reality starlet reportedly keeps her eyes sparkling on and off the camera with *mark. cosmetics*.

The Natural Way

Active Ingredients:

Find your inner California glow and spice up your eyes for the new season. Lavish yourself in natural materials such as jojoba-based formulas and water resistant iron oxides. The absence of artificial colours and chemicals decrease chances of infection or itchiness during a night out.

Eye Shadow Palette
www.drhauschka.ca
4x1.8 g, \$42.94



Eyewitness Eye Repair Creme
www.kissmyface.com
0.5 fl. oz. 14 ml, \$18.67



Kristi Yamaguchi

Dancing with the Stars was no match for this gold medal Olympian. This mom and high-profile athlete constantly turns heads with her ultra creamy complexion, reportedly standing true to the *Mary Kay* cosmetic line.

The Natural Way

Active Ingredients:

Don't be afraid to treat your skin with light refractive minerals and vitamins to enhance a fresh glow; substitute preservatives and chemicals, which can clog pores, breakouts and dryness, with natural ingredients. Be sure to cleanse daily and remove makeup before you go to sleep.

Tropics Face Wash
www.solavie.com
100 ml, \$24



Dry Skin Nourishment
www.abundancenaturally.com
100 ml, \$22



Rachel McAdams

This classy Canuck has made some big waves throughout Hollywood. Whether strutting the red carpet or starring in a hit role, she's reportedly been able to keep it natural with *Dr. Hauschka* lip balm to glamourize her gorgeous smile.

The Natural Way

Active Ingredients:

Pucker up for glosses and balms that contain shea butter and jojoba oils, which moisturize and help fill in fine lines. Follow up with ingredients that stimulate circulation and won't dry up your kisses.

Lip Guard
www.abundancenaturally.com
.02 kg, \$5.15



100% Pure Vitamin E Oil
www.jamesonlabs.com
28 ml, \$12.39



Vanessa Hudgens

This rising starlet has started a natural, fresh fad with her long dark locks. During interviews, Vanessa has revealed that she and her *High School Musical* boyfriend, Zac Efron, share the same products such as *L'Oréal Keratase Hair Mask*.

The Natural Way

Active Ingredients:

To achieve a similar softening effect, consider natural dyes, products and shampoos that are free of ammonia and alcohol. Try products filled with soothing comfrey* and aloe vera* extract to avoid irritating your scalp and stripping colour.

Tea Tree Shampoo
www.natureshampony.com
500 ml, \$7.95



Everyday Balancing Conditioner
www.kosmea.com
250 ml, 8.45 fl. oz, \$18.95

