



South of the Border

My favorite destination spa is Rancho La Puerta in Tecate, Mexico. I've been going for 15 years and love everything they're about. So, it's no wonder I'm obsessed with their new beauty line La Puerta. This exfoliant is goodness in a jar: coriander, lemon peel, papaya, lentil powder, vetiver, sandalwood, and more. It leaves your face baby soft.

Herb and Flower Exfoliant;
\$29.99; rancholapuerta.com



Healing Meals

I'm loving this new cookbook by authors Sarah Grossman and Tamara Green—*The Living Kitchen*. It's beautifully photographed and has 100 easy-to-follow recipes that are designed to nourish and help loved ones heal from even serious illnesses such as cancer. This is an essential book to have in your library.

Random House; \$28



Hand to Eco Goddess

Cool shape, check. Plant-based ingredients, check. Hypoallergenic, fresh-smelling scents, check check. We have a winner: ECOS hand soaps that marry the brand's all-natural formulation with Vitamin E to leave your hands soft, clean, and fresh.

ECOS hand soap;
\$5.77;
amazon.com