

SKIN CARE SPECIAL: THE SEAWEED CURE pg. 90

AND EVERYTHING YOU NEED TO LOOK SUN-KISSED WITHOUT THE SUN pg. 40

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body + soul in balance

THE SWEET TASTE OF SUMMER

Ricotta ice cream with raspberries, pg. 52

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RECIPES FOR WHAT'S RIPE RIGHT NOW

(INCLUDING THE ULTIMATE COOLING FOODS)

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TIPS FOR MAKING THE MOST OF THE SEASON

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TRIPS THAT TRULY TRANSPORT

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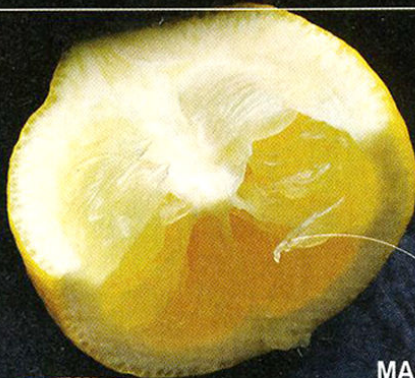
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MAKE IT YOURSELF

Berry-Yogurt Mask

One more excuse to raid the you-pick-it farm: "Berries fight free radicals to keep your face radiant," says Jasmina Aganovic, founder of skin care line Stages of Beauty. We'll take another pint. BY LINDSAY FUNSTON

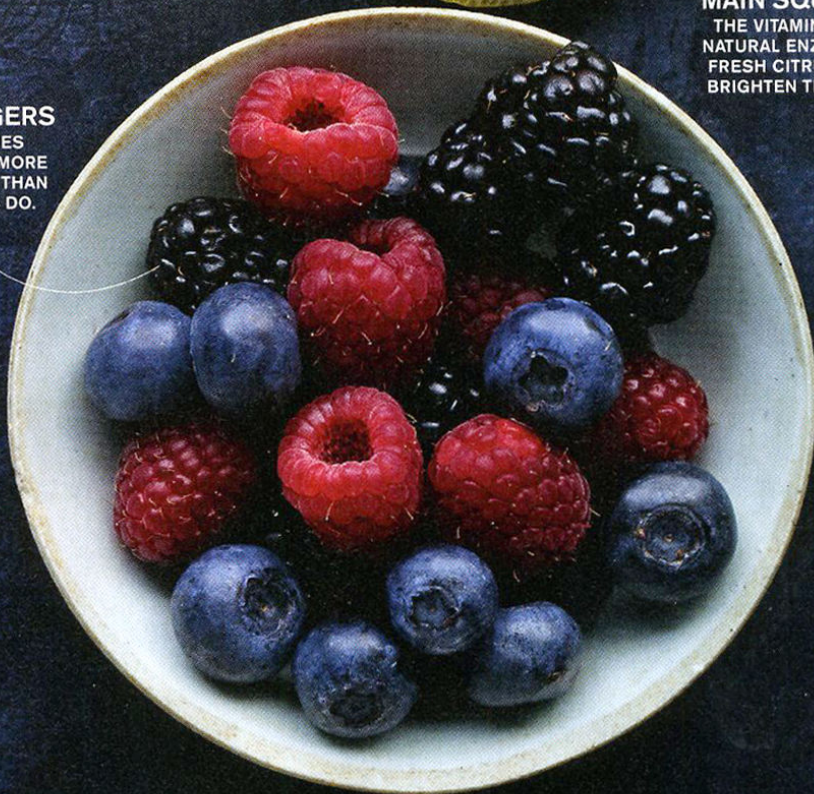


MAIN SQUEEZE

THE VITAMIN C AND NATURAL ENZYMES IN FRESH CITRUS HELP BRIGHTEN THE SKIN.

AGE AVENGERS

BLACKBERRIES DELIVER EVEN MORE ANTIOXIDANTS THAN BLUEBERRIES DO.



STEP 1 In a blender, combine 2 Tbsp plain yogurt and 2 Tbsp honey and pulse until fully combined.

STEP 2 Add 1/4 cup mixed berries, pureeing until smooth, then add 1 Tbsp lemon juice.

STEP 3 Using your hands, apply the mixture to a clean, dry face. Let mask sit 10 to 15 minutes, then rinse face thoroughly with warm water and pat dry.

THE BEE'S KNEES

A MILD ANTISEPTIC, HONEY GENTLY EXFOLIATES, PROMOTES TISSUE GROWTH, AND SEALS IN MOISTURE.

