



## BEAUTYCounter *blog*

NATURAL BEAUTY

### Sage Beauty Advice From The Desert

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On a recent trip to Joshua Tree National Park for a hike among the yucca and jumbo rocks, I discovered just how much havoc desert conditions can wreak on your skin. My lips and hands were so dry and chapped after a few hours that I started to focus more on finding relief than taking in the splendors of nature. Nothing I had in my bag proved useful; my waxy lip balm and lightweight cream couldn't stand up to the arid air. Back in town, I did a little research and found a local remedy: [Desert Sage Botanical Body Oil](#) from the [Body Deli](#), a purveyor of organic, food-based beauty goods based in nearby Palm Desert. The oil is loaded with extracts from the hardy white sage plant, which have been cold-pressed so that the molecules are small enough to absorb deeply into the skin and provide long-lasting hydration in seriously harsh surroundings—like, say, a similarly moisture-sucking radiator-heated New York City apartment. The body oil was a new discovery for me, but, in fact, it's part of the brand's best-selling original collection launched about ten years ago. The trick, I learned, is to pat it on after the shower so the steam and dampness can help seal it in. Another good find: the newly launched [Egyptian Date Sugar Scrub](#) made with locally grown, antioxidant-rich dates from the Coachella Valley. It works to dissolve flakes and dead skin so moisturizers can penetrate better. A boon for the dry winter months ahead.

—Kari Molvar