

ARE YOU **CHEATING**  
**ON YOUR SPOUSE**  
WITH MONEY?

**218** NEW HEALTH,  
BEAUTY, AND  
FITNESS TIPS

**BREAST CANCER**  
**PREVENTION PLAN**

**7** WAYS TO  
**GET HAPPY**  
IN HARD TIMES

# body + soul

A MARTHA STEWART PUBLICATION

WHOLE LIVING

## HEALTHY AT EVERY AGE

How to feel your best at 30, 40, 50, and beyond  
Plus, great tips from Martha and daughter Alexis



**“I DON’T DIET!”**

—Martha Stewart

Go for it! Dare to live  
life on your terms *pg. 112*

Fall organizer:  
Prep your home for  
the season ahead *pg. 96*

OCTOBER 2009  
DISPLAY THROUGH OCTOBER 19

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R

rejuvenate

## Stuff We Love: Fresh Soaps

These stylish bar soaps do a lot more than wash dirt away. Crafted with fragrant, plant-based ingredients, they moisturize, hydrate, exfoliate, and even massage.

✦ BY JILL RUSSELL PHOTOGRAPH BY RAYMOND HOM

### EUCALYPTUS BAR

#### SOAP by The Body Deli

Achy muscles and stuffy noses alike can benefit from anti-inflammatory eucalyptus in a totally mild, nondrying formula. \$8, [thebodydeli.com](http://thebodydeli.com)



### LET'S CIRCULATE

#### SALT RUB SOAP by

**Origins** An invigorating combo of natural mint and citrus aromas (with massaging nubs molded right onto the bar) makes for an ideal morning pick-me-up. \$13.50, [origins.com](http://origins.com)



### KARMA SOAP by Lush

Patchouli lends an earthy kick to orange and lemongrass oils, among other beneficial ingredients, in this spicy-sweet offering. \$9.45 per 1/4 pound, [lushusa.com](http://lushusa.com)



### VANILLA & SWEET ORANGE BAR SOAP

by **Hugo Naturals** Full of fruit extracts and oils, this bar makes the creamiest lather and smells like an orange Creamsicle. \$6.99, [hugonaturals.com](http://hugonaturals.com)



### FABULOUSLY FRESH PEPPERMINT & ROSEMARY BODY BAR

by **Burt's Bees** Get it all in one step: Peppermint oil refreshes, ground almonds exfoliate, and calendula and comfrey soothe. \$4, [burtsbees.com](http://burtsbees.com)



### MS. AFRO D. SHEAK

by **Soaptopia** A hearty hodgepodge, it's handmade in Venice, California, with Italian olive oil, wild-crafted shea butter, black tea, and dried wildflowers. \$6.50, [soaptopia.com](http://soaptopia.com)