




revitalize
 with new
Pomegranate
 & Lemon Verbena

Also available in the following fresh scents: Cucumber & Green Tea, Grapefruit & Lemongrass, and Nectarine & White Ginger.



WORLD'S BIGGEST FOOD FIGHT Folks in the wee town of Buñol, Spain, make a big mess on the last Wednesday in August. Locals and visitors paint the town (and themselves) red for **La Tomatina**, an all-out tomato street fight that involves more than 90,000 of the juicy fruits. (Smart visitors wear swim goggles to protect their peepers.) If you can't make it overseas, have your own smashing-good time at home: Muddle a few cherry tomatoes into a cold beer for a tangy and festive garnish.

three cheers

The occasional cocktail may be good for the soul, but these spa experts say the **ingredients from our favorite summer drinks can work wonders on our beauty regimen**, too.

—JENNIFER CHEN

COCOA POWDER



chocolate martini mask

A face full of chocolate? Twist our arm. Sarah Zeron, owner of Salon Chocolat in Carson City, Nevada, says unprocessed cocoa powder is antioxidant-packed. "It improves blood flow, helps tighten skin and aids moisture retention," she says.

HOW TO MAKE IT Stir together $\frac{1}{4}$ cup cocoa powder, $\frac{1}{4}$ cup honey (or brown sugar), 3 tablespoons oatmeal powder (grind whole oats in a blender) and 2 tablespoons soy milk. Apply the mixture to a clean face, leave it on for 20 minutes, then wipe off using a warm towel. (Do a patch test if you have sensitive skin.)

piña colada hand & foot treatment

This frothy, island-inspired cream from Camala Casco at Changes Salon & Day Spa in Walnut Creek, California, keeps hands and feet smooth. "The fatty acids in coconut relieve and moisturize dry skin, and pineapple is an anti-inflammatory that boosts the coconut's healing power," she says.

HOW TO MAKE IT In a blender, combine $\frac{1}{4}$ cup coconut oil and $\frac{1}{4}$ cup pineapple juice. (For an exfoliator, add 2 tablespoons dry polenta after blending.) Massage into hands and feet, then slip on cotton socks or gloves.

PINEAPPLE JUICE



sangria shine hair treatment

Too many days at the beach can strip hair of its shine. Philip Pelusi, creator of Tela Beauty Organics, concocted these three all-natural soaks to boost color and sheen.

HOW TO MAKE IT Stir together the ingredients below, then pour through the hair. Apply your favorite conditioner and cover with a shower cap for 15 minutes; rinse thoroughly.

Redheads Combine $1\frac{1}{4}$ cups orange juice, $\frac{1}{4}$ cup carrot juice and 1 teaspoon honey. **Blondes** Combine $1\frac{1}{4}$ cups cooled white tea and $\frac{1}{4}$ cup apple juice. **Brunettes** Combine 2 cups pomegranate juice and a splash grape juice.

ORANGE JUICE



APPLE JUICE



POMEGRANATE JUICE

