

# BEGIN NERS GUIDE TO

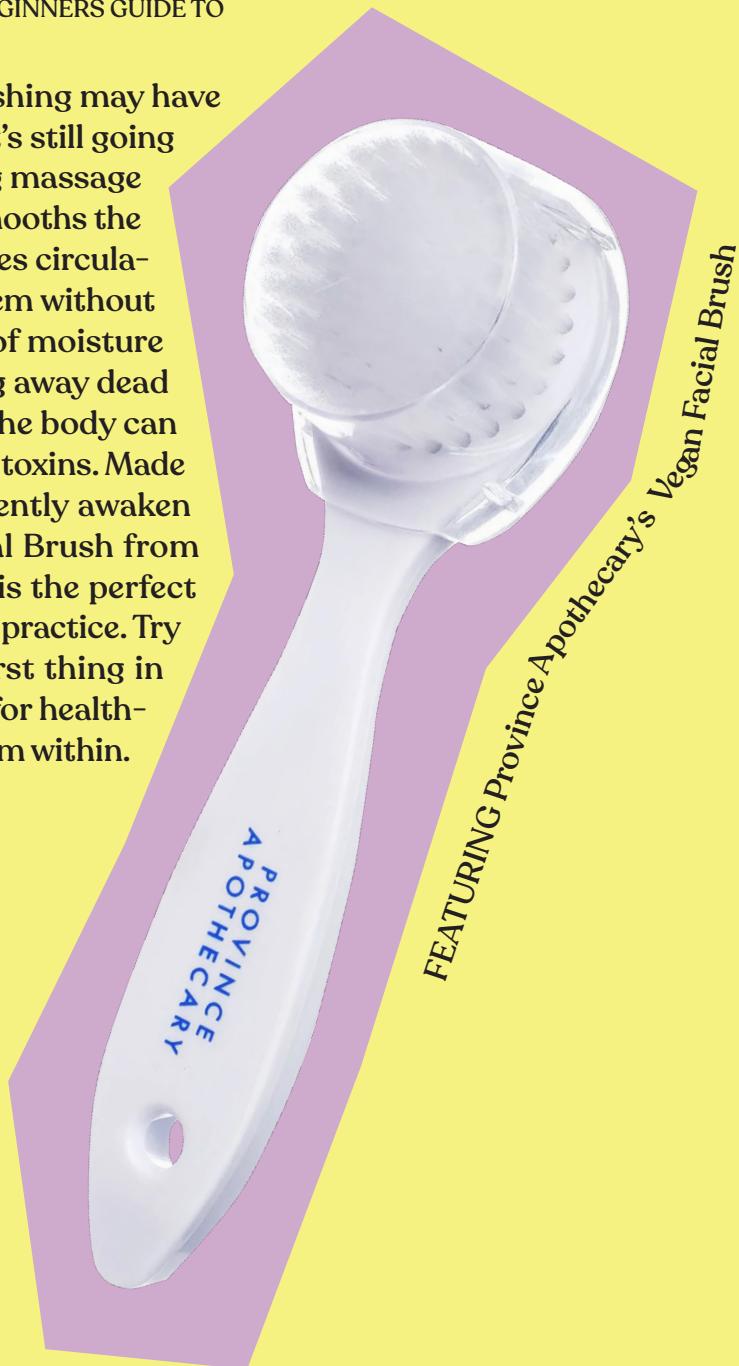
WHAT DOES IT DO?  
HOW DOES IT WORK?  
YOUR SPRING BOX:  
EXPLAINED.

# Facial Steaming

Taking a page from Scandinavian sauna culture and Turkish hammams, we're going full steam ahead on this relaxing ritual. Steaming to relax and cleanse the body goes back as far as the Ancient Greeks and Romans, and is still practiced in many places today – the Swedes attribute their glowing skin and immune response to it. If the spa is out of reach, try a facial steam at home to boost circulation, relax, and clear the skin. Adding florals and herbs like lavender and spearmint adds an extra element of invigoration and is made easy with blends like Klei's Detox Facial Steam. To use it, just boil water and add it to a large bowl, pour in a capful, drape a towel over your head to create a tent, and lean close to the bowl for a few calming moments.



The ancient ayurvedic art of dry brushing may have started in India 5 millennia ago, but it's still going strong in 2023. Equal parts soothing massage and gentle exfoliator, dry brushing smooths the skin, detoxifies the body, and increases circulation by activating the lymphatic system without causing inflammation or robbing it of moisture like hot shower water can. By buffing away dead skin cells and unclogging pores, the body can more easily sweat and eliminate toxins. Made with ultra soft bristles to gently awaken the face, the Vegan Facial Brush from Province Apothecary is the perfect introduction to this practice. Try it on dry skin first thing in the morning for healthier skin from within.



# Dry Brushing

# Aroma therapy

FEATURING Cuccio Somatology's Calm Kit



The power of aromatherapy lies in its ability to connect what we smell with how we feel. More than any of our other senses, scent has a direct relationship with our limbic, endocrine, and nervous systems – bringing emotion, memory, arousal, and other physiological functions into the mix. Some smells have such a strong and consistent effect that we've started to use them for therapeutic purposes. Peppermint oil, for example, is known for reducing stress, headaches, and muscle aches, and used in products to cure such ailments. The Calm Kit from Cuccio Somatology includes two peppermint-featuring goodies. Made with peppermint and sage essential oils, the Meditation Mist promotes relaxation and rest for a pillow spritz before bed. And for when you're feeling a little tense, reach for the Cooling Spot Therapy temple rub – the peppermint and green tea will provide an instant release.

The key to less back pain? More energy? Better posture? A strong core. This group of muscles surrounds your spine to keep everything in place, stabilizing and protecting the body from injury. One easy way to engage your core is to add workout sliders to the mix – all you need is a floor. Designed with a soft surface on one side for hardwood floors and a smooth surface on the other for carpeted spaces, these disks provide an unstable foundation that requires you to press hard into the ground, engaging your core muscles to keep your body stable. Even 15 minutes a day will do wonders for your stability, strength, and sense of accomplishment. Try these lightweight and packable Sweat Sliders from Bala.



# Workout Sliders

# Exercise Bands



FEATURING Maji Sport's Exercise Bands

Don't underestimate the power of the stretch. Elastic resistance bands might not look like much, but they pack a punch – keeping your muscles tense for longer as you move through a full range of motion to offer portable and low-cost strength training beyond the gym. A 2019 study even showed that training with resistance bands provided similar strength gains to using conventional equipment. Offered in three different resistance levels, try these loop Stretch & Exercise Bands from Maji Sports. The thinnest band will offer the least resistance while the thickest offers the most.

# Reusable Facial Rounds

FEATURING The Green Co's Reusable Facial Rounds



1.3 billion makeup remover wipes are thrown away each day, making them the 3rd most wasteful product in the world. We don't use single-use bath towels, so why would we use the equivalent of a single-use washcloth? For more specific products like cotton balls and facial rounds, a few brands are getting creative. The Reusable Facial Rounds from The Green Co. are made from bamboo fiber and velvety cotton for the same makeup removal and toner application effect, without the waste. Each round replaces up to 10,000 single-use cotton balls and facial rounds, and comes with a laundry bag to make washing easy.

Skincare has come a long way. Not so long ago, soap-based cleansers were the norm. Leaving a film of oil and half-removed makeup behind, a harsh toner was introduced as a second step to the cleansing process to really get the job done. Today, toners have tamed as cleansers have become more effective, taking on a new role. Still used on clean skin, toners prep your pores for moisturizers and serums.

For an alcohol-free favorite, try the Glow Tonic from Pixi Beauty. Made with 5% glycolic acid, aloe vera, ginseng, and botanical extracts that work to calm, brighten, and smooth the complexion for a healthy glow. Simply soak a facial round, swipe it over your face and neck, and follow up with your favorite serum or moisturizer.

FEATURING Pixi Beauty's Glow Tonic



# Face Toner