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2014 EDITION
DISPLAY UNTIL APRIL 28, 2014



dragon fruit



baobab



mangosteen



superfruits decoded

IN ADDITION TO CAUSING A RECENT SPIKE IN SUPERMARKET SALES, "SUPERFRUITS" HAVE COMMANDED THE ATTENTION OF HEALTH ENTHUSIASTS FOR MANY YEARS DUE TO THEIR NUMEROUS HEALTH AND BEAUTY BENEFITS. WE'VE TAKEN A CLOSER LOOK AT THESE NEW "HEALTH HEROES" TO DETERMINE JUST HOW POWERFUL THEY REALLY ARE.



ACNE FIGHTER

Rich in potent antioxidants, **Éminence Organic Skin Care Red Currant Balancing Concentrate** is great for oily skin and helps prevent acne. \$58, us.eminenceorganics.com



ANANTARA MUI NE RESORT & SPA PHAN THIET, VIETNAM

A total body rejuvenation, the 120-minute **Anantara Mui Ne Signature Spa Treatment** begins with a dragon fruit body polish to improve the texture and clarity of the skin and finishes with a signature massage using locally produced vanilla essential oil to induce a sense of peace and calm. anantara.com



dragon fruit

hylocereus undatus

WHAT IS IT?

Discovered in Central America centuries ago, the dragon fruit, aka pitaya, is a night-flowering cactus plant that originated in Mexico and South Africa. "It is now being commercially grown in Asia, where it is widely considered an amazing ingredient for overall health and beauty," says nutritionist Franci Cohen.



WHAT DOES IT TASTE LIKE?

The flavor is mildly sweet, with a taste similar to melon or kiwi. Some have described it as having an earthy-strawberry flavor.

INSIDE tip

To help relieve sunburn, mix dragon fruit juice with cucumber and honey and apply all over skin.



INTERNAL BENEFITS

- ▶ **Promotes Heart Health**
The seeds contain omega-3 fatty acids that keep the heart healthy and reduce risk for heart disease.
- ▶ **Supplies Antioxidant Protection**
"Vitamin C strengthens the immune system, eye health and more," says celebrity nutritionist Paula Simpson.
- ▶ **Aids in Digestion**
Rich in fiber, "the dragon fruit helps improve digestive systems and IBS by removing toxins," adds Cohen.
- ▶ **Transports Minerals**
Calcium strengthens bones and teeth, and phosphorus speeds up the healing of bruises and wounds.

GOOD FOR

A healthy heart, youthful skin and good digestion



TOPICAL BENEFITS

- ▶ **Helps Prevent and Treat Acne**
Blend dragon fruit with water to form a paste that can soothe acne and help prevent future breakouts.
- ▶ **Counteracts Aging**
Rich in beta-carotene, dragon fruit can reduce free-radical damage that causes premature skin aging.
- ▶ **Transforms Dull, Dry Skin**
"It's chock-full of vitamin B3, which is ideal for hydrating and brightening skin," says Simpson.
- ▶ **Protects From UV Rays**
The juice contains phytofluene and phytoene—molecules that work to naturally curb the hyperpigmentation process and absorb UV light to protect skin.



Recipe

DRAGON FRUIT SMOOTHIE

Flesh of 1 Dragon Fruit
1 Cup Banana
1 Cup Pineapple
1 Cup Coconut Water

DID YOU KNOW?

The Asian variety of the fruit tends to be very white on the inside, whereas the Central American breed is usually a dark red or magenta color, which carries more nutrients.

MORE >

02

baobab

adansonia digitata



WHAT IS IT?

Commonly found in tropical regions of Africa, the baobab fruit has long been a source of natural well-being for the women of the region, who have used the fruit to benefit their general health, as well as their skin, hair and overall beauty. Inside the baobab's hard, velvety shell, which is roughly the size of a coconut, are oil-rich seeds coated with a dry, ivory-colored powder that serves as the pulp of the fruit.

GOOD FOR
Increased energy levels, weight control and healthy skin

WHAT DOES IT TASTE LIKE?

African locals have compared the fruit's taste to that of a pear, with a slightly sweet, tangy flavor. Others have said it resembles the acidic, tart essence of a grapefruit, and many prefer to mix baobab powder with orange juice because it seems to complement citrus elements very well.



DID YOU KNOW?

One of the largest trees in the world that can live for up to 1,000 years, the baobab is also known as the "Tree of Life" due to the many resources it provides including shelter, clothing, food and water.



SKIN SOOTHER

All-natural **Lina Hanson Global Face Serum** uses baobab oil to help reduce skin irritation, as well as the appearance of fine lines and wrinkles. \$85, linahanson.com

Recipe

BAOBAB SMOOTHIE

- 3-4 Tsp. Baobab Dried Fruit Pulp Powder
- 8 oz. Nonfat Milk or Nondairy Alternative
- ½ Cup Strawberries, ½ Cup Bananas
- 1 Tsp. Honey



DID YOU KNOW?

Baobab contains nearly three times more vitamin C than an orange and twice as much calcium as milk.



INTERNAL BENEFITS

- ▶ **Boosts Energy**
Baobab is a key source of thiamin (vitamin B1), vitamin C and vitamin B6, which all contribute to the processes that harvest energy in the body, increase metabolism and reduce fatigue.
- ▶ **Helps to Manage Stress**
“Baobab is said to contribute to normalizing blood pressure and managing digestive enzyme secretion, both of which are negatively affected when stress levels are high,” adds Simpson.
- ▶ **Promotes Weight Management**
Baobab has a very high fiber content (about five grams in every 100 grams of baobab), which helps manage cravings and proper digestion—two significant factors in healthy weight management.
- ▶ **Fights Off Infection**
In Africa, the omega-3 fatty acid-rich baobab is commonly used to treat fevers, malaria, gastric problems and vitamin C deficiency, as well as heart, brain and eye health. “Products made with baobab fruit can also help protect against inflammatory-related conditions such as type 2 diabetes, arthritis and even allergies,” says Cohen.



TOPICAL BENEFITS

- ▶ **Maintains Healthy Skin**
Baobab’s antioxidant capacity is one of the highest of any fruit in the world, allowing it to help protect the skin’s cells from damage caused by free radicals and oxidative stress.
- ▶ **Strengthens Skin**
“The fruit’s abundance of vitamin C aids in the growth of cells and blood vessels and gives skin its firmness and strength by contributing to the normal production and function of collagen,” says Simpson.
- ▶ **Repairs Damage**
Vitamin C assists in the regeneration of vitamin E, which helps repair damage from the sun, pollution and other environmental aggressors that cause dryness, fine lines, wrinkles and more.
- ▶ **Delivers Intense Moisture**
Rich, golden baobab oil, extracted from the fruit’s cold-pressed seeds, is ideal for treating dry, damaged skin and hair, as well as conditions like eczema due to its profusion of omega-3, -6 and -9.

**HAIR HYDRATOR**

An ultra-rich yet light-weight oil for both hair and body, **Phyto Specific Baobab Oil** hydrates and softens even the driest of strands. **\$40, ulta.com**


**INNISBROOK GOLF
RESORT & SPA
TAMPA BAY, FLORIDA**

Used in African skin care for centuries, rich baobab oil is the highlight in the Indaba Spa’s 80-minute **Baobab Awakening Facial** ritual treatment, which gives the skin a youthful glow while improving elasticity, boosting skin cell regeneration and smoothing wrinkles. visitinnisbrook.com


**MII AMO
SEDONA, ARIZONA**

A soothing, anti-aging body treatment, the **Prickly Pear Butter Wrap** features a gentle body polish and calming massage using fresh fruits including pomegranate extract and prickly pear butter to help achieve smooth, totally rejuvenated skin. miiamo.com

MORE >

03

mangosteen

garcinia mangostana

WHAT IS IT?

Grown on the evergreen tree native to Indonesia, the mangosteen (not related to the mango) is a round, dark purple fruit roughly the size of a tangerine with a soft, white edible center that looks like a head of garlic. “Those in Southeast Asia have revered the mangosteen for centuries for its flavor and variety of healing effects,” says Simpson. In the U.S., the fruit is commonly consumed as a juice or puree, or taken by mouth in a capsule.

GOOD FOR
Antioxidants,
anti-aging and
inflammatory
skin conditions

WHAT DOES IT TASTE LIKE?

The mangosteen’s dark rind has a bitter citrus flavor and a leathery texture. The juicy white flesh inside is slightly acidic and deliciously sweet—many compare the taste to a mix of peach, pineapple and strawberry with a hint of creamy vanilla.



DID YOU KNOW?

Legend has it that Queen Victoria offered knighthood to any subject who could bring her a mangosteen fruit in prime condition. No one succeeded, but to this day the fruit is still referred to as “Queen of Fruits” by many around the world.



BODY POLISHER

Completely chemical-free with a tropical, fruity scent, **100% Pure Mangosteen Body Scrub** smooths away bumps for supersoft skin and a healthy glow. \$15, 100percentpure.com

Recipe

MANGOSTEEN SMOOTHIE

- 12 oz. Fresh Squeezed Orange Juice
- ¼ Tsp. Mangosteen Powder
- ¼ Cup Fresh Strawberries



TOPICAL BENEFITS

- ▶ **Helps Manage Acne**
Praised for its anti-inflammatory and antibacterial actions, the fruit's rind, or pericarp, has been made into juice form to help treat existing acne and the progression of additional breakouts.
- ▶ **Reduces Visible Signs of Aging**
The oil extract from the rind allows the fruit's superpotent xanthenes to penetrate the skin and reduce puffiness, smooth the surface and reduce the appearance of fine lines and wrinkles.
- ▶ **Soothes Inflammatory Conditions**
"Applied topically, mangosteen has been known to soothe and calm the inflammation and irritation associated with skin disorders such as eczema, psoriasis and rashes," says Simpson.
- ▶ **Fights Periodontitis**
"Scientists have been studying the fruit as a possible weapon against the gum disease known as periodontitis by having patients apply a mangosteen juice-infused gel to their gums," says Cohen.



MEGA MOISTURIZER

Luxuriously creamy, **Pure Fiji Coconut Milk Bath Soak in Guava** blends fresh coconut milk with exotic nut oils to rejuvenate dry skin. **\$30.50, store.purefiji.com**



LAKE AUSTIN SPA RESORT AUSTIN, TEXAS

Prepare to be pampered during the 80-minute **Lime and Ginger Pick-Me-Up** body treatment, which begins with a calming, yet stimulating lime and ginger salt soufflé scrub made with fresh lime leaves from the spa's garden. A massage with lime and ginger body butter follows, leaving you feeling completely renewed. lakeaustin.com



HEARTLAND SPA WEIGHT LOSS & FITNESS RESORT CHICAGO, ILLINOIS

Give your skin a powerful brightening boost with the **Antioxidant Superfruit Facial**, which includes a superfruit neutralizing masque consisting of goji berry, noni, acai, pomegranate, mangosteen and guarana. Ideal for correcting sun damage, this treatment will leave your skin looking glowy and feeling incredibly nourished. heartlandspa.com



INTERNAL BENEFITS

- ▶ **Provides Antioxidant Power**
The entire fruit, especially the rind, is chock-full of xanthenes—potent antioxidants that help neutralize free radicals with antimicrobial, antihistamine and anti-inflammatory properties. "The juice can be a huge asset in the battle against cancer and other diseases caused by free-radical damage," says Cohen.
- ▶ **Promotes Healthy Bodily Function**
Mangosteen is believed to help maintain intestinal health, support the immune system and joint function, and promote a healthy respiratory system. "Some claim that mangosteen juice can help treat menstrual problems, diarrhea and urinary infections as well," adds Simpson.
- ▶ **Supports Weight Management**
Fresh mangosteen provides a source of B-complex vitamins such as thiamin, niacin and folates, which help the body metabolize carbohydrates, protein and fats for proper weight management. "It has also been proven to reduce inflammatory markers in the blood of obese individuals with systemic inflammation," says Cohen.
- ▶ **Encourages Healthy Circulation**
The fruit contains high amounts of minerals like copper, manganese and magnesium, which promote red blood cells and improve blood flow by dilating blood vessels and controlling blood pressure.