

# H<sub>2</sub>O

fitness & wellness for women

Sept/Oct 2007

SUGGESTED  
RETAIL PRICE \$2.99

First Annual H<sub>2</sub>O  
Beauty Awards

## And the winner is...

Fifty of our lucky readers received hundreds of beauty and skincare products to rate and review for your benefit and the results are in!

by Monica Weaver

### Prenatal Workout

Safe Exercises for Mom and Baby

### Stay Slim, Stay Sharp

### BEATING Breast Cancer

Survivors Share Advice and Wisdom

### A Well-Stocked Pantry

10 Must Haves

### Boost Your Energy & Beat the Blues

Don't Forget Your B Vitamins!

### 1<sup>st</sup> Annual H<sub>2</sub>O Beauty Awards

The Results Are In!

Since our readers are some of the most health-conscious and environmentally-minded people, we tried to seek out entries from natural companies that share your beliefs. For instance, when Suki mails its products, they pack them with organic shipping peanuts. And, similarly, you can actually plant Pangea Organics' cardboard box and watch it grow into herbs in your garden.

From lip balms to anti-aging creams, to mascara to callous removers, we literally reviewed hundreds of products across many, many listings. The following are first place winners in each of their respective categories.

#### The grand prize goes to...

Hands down our readers loved most the Suki Lemongrass Cleanser with Chamomile & Vitamin C. As ratings cards piled in to the office the one product that consistently received a perfect ten was this refreshing facial scrub. This product has the distinct honor of being "the best of the best" this year!

4th Anniversary  
Issue

## Cosmetics



### Foundation

- 1 Simply Karen Mineral Foundation SPF 15, about \$24.00, [www.SimplyKaren.com](http://www.SimplyKaren.com)

*It provides excellent coverage while looking natural. Mineral makeup brushes on like a silky powder, that stays put all day.*

*"One of the best brushes I've used in a long time. Beautiful colors."*  
—Deb, 35

### Lip Balm

- 2 Eco Lips Bee Free, \$3.49, [www.ecolips.com](http://www.ecolips.com)

*The highest certified organic content of any vegan lip balm on the market! The blend of organic jojoba oil and organic cocoa butter leaves your lips incredibly soft and supple.*

*"Besides using alone as lip balm, this also worked well with lipstick to make your lips look shiny and glossy."*  
—Joanna, 35

### Lip Gloss

### Lip Plumper

- 5 Bare Escentuals Buxom Big & Healthy Lip Polish, \$18.00, [www.BareEscentuals.com](http://www.BareEscentuals.com)

*Infused with 100% bareMinerals, it gives luminous shine and sheer mauve color with no sticky or tacky feeling. Tingly, cooling sensation reminds you that lips are getting an immediate increase in fullness.*

*"Everyone should try this product because it really works!"*  
—Julie, 33

### Eye Shadow

- 6 Gourmet Body Treats Navy Blue Shimmer Mineral Eye Shadow, \$7.00, [www.GourmetBodyTreats.com](http://www.GourmetBodyTreats.com)

*Perfect mineral shadows can be used as eyeshadows or eyeliners either wet or dry. Pure concentrated color won't wear off, stays put all day, and is water proof.*

*"Best quality eye shadow I've ever used. The color stayed on all day without creasing or fading. Wonderful!"* —Sue, 30