



## FINDING RELIEF 7 Muscle-Soothers & Stress Relievers

THE VERY BEST WAY TO PRAY FOR PEACE

# Spirituality & Health

100 Healthiest Products for Your Skin

## Radical Spirit

WHAT TO DO WHEN YOUR MIND STARTS TO GROWL

Reinvest in your love fund

Why Worry?  
(Because Meaning Actually Feels Better than Happiness)

Arianna Huffington  
Mark Nepo  
Rabbi Rami

ORGANIC  
*Aromatherapy*  
Calm Mind  
Esprit Apaisé  
KERSTIN FLORIAN  
15 mL e 0.5 FL OZ U.S.

“...When dabbed on temples, it provides instant relief from tension, thanks to the lovely aromas of lavender and peppermint.”

### Organic Calm Mind

Insider's Guide to Spas | Page 10 | [beauty.spiritualityhealth.com](http://beauty.spiritualityhealth.com)

KERSTIN  
FLORIAN

[www.kerstinflorian.com](http://www.kerstinflorian.com)