

## MIND & BODY

Whoever said never to wash your face with bar soap obviously never tried **"Zen Silk Facial Soap,"** (1) from Natural Selection Bath & Body, made with real silk fibers and only the finest vegetable oils. Each bar is handcrafted with shea butter, cocoa butter, jojoba oil, olive oil and other moisturizing oils. Have some more clean fun in the tub with "Zen Silk Bath Salts," made with silk protein. Let the salts soothe your muscles while the silk softens your skin. Afterwards, nourish your skin with "Zen Silk Body Lotion," to maintain that silky smooth feeling. The lotion is formulated with an organic infusion of chamomile, Echinacea, green tea, and lavender, jojoba oil, grapeseed oil, aloe vera, and sea kelp extract. Let the invigorating scents of Spring Rain, Ocean Breeze, Rosemary Mint, Green Tea, and Lavender Grapefruit envelop your senses to energize, tranquilize, or instill clarity and vigor after a long day at work. Retail price for Natural Selection's Silk Facial Soap is \$7.00, a tube of Zen Silk Bath Salts is \$4.00 and a bottle is \$14.00, and the Silk Body Lotion can be purchased in a 4 oz. bottle for \$6.50 or 8 oz. bottle for \$11.50. Available at fine spas or online at [www.NaturalSelectionBathandBody.com](http://www.NaturalSelectionBathandBody.com).

For men on the go, the process of showering has just gotten easier. (Women, this may also be music to your ears.) Nickel's new Washing Machine all over shampoo not only cleans, but it also deodorizes. It can even neutralize the smell of chlorine. Simply lather up from top to toe and rinse. Take it to the gym, for travel, or use it daily. The crisp scents of kiwi and sage will leave skin smelling squeaky clean, while also packing it with Vitamin E to moisturize and vitamin C to detox the body. The sage will tighten pores and stimulate skin activity while purifying the scalp to prevent oily hair and/or dandruff. *Nickel skin care is available at Barneys New York, and at select Bloomingdales.* [www.nickelformen.com](http://www.nickelformen.com). \$19 for a 250 ml bottle.

Maintaining the whiteness and beauty of our teeth seems to be a growing American preoccupation. No longer does one have to travel to the dentist's office and pay large amounts to get great whitening and cleansing treatments. Darphin of Paris introduces a new, at-home dental spa product called Denbian. This smooth white toothpaste instantly changes to a light foam in the mouth, with a minty fresh taste that will leave you with long-lasting, refreshing breath. Essential oils such as Mint, Fennel oil, and Garden Angelica, and plant extracts such as Papaya, Pineapple Stem, and Lichen whiten teeth and soothe the gums, while still being gentle to sensitive teeth. Using Darphin

