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10 Questions You Must Ask Your Doctor



LOOK GREAT
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GET HEALTHY
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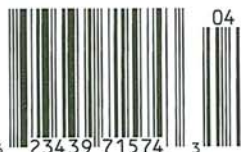


EAT WELL
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EMBRACE LIFE
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Display until April 20, 2009



READER'S DIGEST 
MARCH/APRIL 2009

Isomers Laboratories

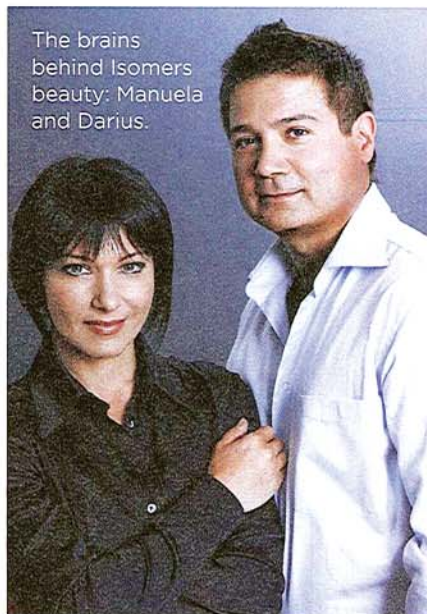
SKINCARE AND BODY COLLECTION

WHO'S BEHIND IT? Toronto husband-and-wife team Darius Majlessi (president and head chemist) and Manuela Marchegiani (CEO and head researcher). After meeting while studying at the University of Toronto, they decided to collaborate on skincare products.

WHAT'S THE APPEAL? Many of the company's products come in simple brown apothecary-style bottles. Isomers emphasizes natural ingredients, and works with research scientists around the globe to develop leading-edge anti-aging skin care. The company includes extensive FAQs on its website to address issues such as uneven skin tone, sun damage, dryness and acne.

OUR PICK Desert Youth 4X with Ectoin is a milky serum that moisturizes skin and protects it from the environment. (\$65, 15 mL)

WHERE YOU'LL FIND IT isomers.ca; The Shopping Channel (theshoppingchannel.com)



The brains behind Isomers beauty: Manuela and Darius.



Mèreadesso Woman

SKINCARE COLLECTION

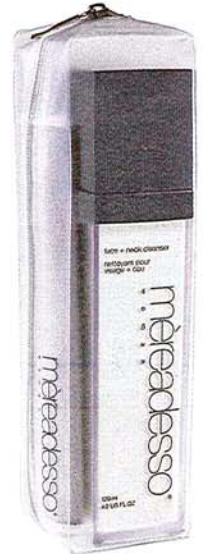
WHO'S BEHIND IT? Botanist and chemist Linda Stephenson, who worked in the beauty industry for M.A.C and Estée Lauder in Canada and the U.S. before deciding to create her own skincare collection from her base in Toronto.

WHAT'S THE APPEAL? Simplified skin care. Dismayed by the endless beauty options and the need for numerous moisturizing steps and products at various ages, Stephenson debuted with just two moisturizers, one for face and one for body. They help protect and moisturize at any age and contain ingredients such as aloe vera, white tea, cucumber, apple, rosemary, zinc, copper and vitamins A, E and C. Recently, she added a multi-tasking cleanser to the mix.

OUR PICK Face + Neck Cleanser is an all-in-one face wash, eye-makeup remover, toner and mask. (\$45, 120 mL)

WHERE YOU'LL FIND IT mereadesso.com

Face + Neck Cleanser comes with a soft cloth in a reusable zip pouch.



CHRISTOPHER STEVENSON (ISOMERS DESERT YOUTH 4X WITH ECTOIN, ESSENTS HEADACHE RELIEF ROLL-ON)

Escents

AROMATHERAPY BATH AND BODY COLLECTION

WHO'S BEHIND IT? CEO Jacqui MacNeill, who started her Vancouver-based company with a 4x10-foot table at a local craft fair, offering custom-blended essential oils for aromatherapy use and giving information to consumers on how they can be used for healing and well-being.

WHAT'S THE APPEAL? The Escents collection includes essential oil blends, soaps, bath bombs, body

washes, dry oil mist, body lotions and home scent accessories. Products are biodegradable and free of phosphates, synthetic dyes, parabens and petroleum-

based ingredients. They are promoted as being safe for babies, children and adults. For those seeking an even more natural experience, Escents Naturals is certified organic and sulphate-free.



Escent's imaginative aromatherapy includes this roll-on headache treatment with peppermint oil.

roll-on / à bill HEADACHE PEPPERMINT, LAV



OUR PICK Headache Relief Roll-on with peppermint and lavender oils: Roll it onto your temples and even the back of your neck. (\$17, 9 mL)

WHERE YOU'LL FIND IT escents aromatherapy.com; gift shops and boutiques across Canada →