

HELPING HANDS

Chocolate Bliss Manicure**Nirvana Day Spa**

Portland, Oregon

\$50, 50 minutes

www.nirvanadayspa.com

This is a real treat for your hands—and also for your taste buds. The decadent treatment includes a scrub that revives skin using Nirvana's own custom organic blend of cocoa-infused sea salts, followed by a massage with a fragrant, chocolate body syrup massage oil. The chocolate essence delivers powerful antioxidants, but the best part of the treatment is the complimentary chocolate martini and Moonstruck Organic Chocolate Truffle that come along with it.

Priti Deep**Priti Organic Spa**

New York City

\$35, 35 minutes

www.pritiorganicspa.com

The most requested manicure at this hip all-organic spa in New York's East Village is the Priti Deep, which utilizes all homemade, natural products. Coming in from the cold, your hands will warm up quickly soaking in a warm bowl of water filled with fresh rosemary sprigs and mint leaves, olive oil, and essential organic rosemary oil. Next, dry, dull skin is scrubbed away with a fresh mix of sugar, olive oil, and essential organic rosemary oil, followed by a massage with a rosemary-mint shea butter cream. Two coats of Priti's own eco-friendly polish and you're out the door.

Coconut Sumatra Manicure**Sage Spa**

Bozeman, Montana

\$35, 60 minutes

www.sagespaliving.com

If you can't book a vacation to Thailand this winter, the Coconut Sumatra manicure at Sage Spa's three locations (Bozeman, Billings, and Whitefish) in Montana, will provide an exotic experience that maybe the next best thing. It features a scrub made of fresh, organic coconut blended with sandalwood, jasmine, clove, and gentle jojoba beads that sweep away surface skin cells. Ideal for sensitive skin, this relaxing experience is extremely hydrating and rich in natural oils of coconut and macadamia nut. **OS**

The Green Guy's GROOMING GUIDE

ROUGH STUFF

Guys have always gravitated to scrubs. Here are six specially formulated for the face to keep you glowing all season long.

By **Kevin Raub****If you're like most men, your rough face**

could use a righteous scrub down every now and then. Not only does it ward off pesky blackheads and clogged pores, but it's also a great way to soften your whiskers before their daily battle with the razor. Before this column, I was addicted to Kiehl's Facial Fuel Energizing Scrub—the caffeine jolt is like smacking yourself in the face every morning with a filter full of used coffee grounds—but alas, it's not the greenest scrub out there. So being eco-curious and all, I ventured forth into the world of natural exfoliation only hoping to come out on the other side equally awakened.

Jason's **Apricot Scrubble Wash & Scrub** (4 ounces, \$5.50, www.jason-natural.com) is a grainy, mud-colored scrub that roughs up your face in all the right ways. Certified organic aloe vera, apricot kernels, and walnut powders wage war on blackheads and clogged pores while jojoba oil and chamomile and marigold extracts soothe. In a handy travel container, this one is after my heart. Best in show.

Kiss My Face's creamy **So Refined Organic Jojoba & Mint Facial Scrub** (2 ounces, \$13, www.kissmyface.com) clocks in at 81 percent organic. Peppermint floral water, tea tree, bergamot, camphor, and eucalyptus give a subtle rush to your morning wake-up call. It's no caffeine, but it'll do. Tiny jojoba beads handle the exfoliating in a non-invasive way. It's the closest thing here to what it feels like to get an actual facial.

Natural Beauty's **Tangerine Vanilla Face Scrub** (8 ounces, \$13.99, www.naturalbeautyoflasvegas.com) is an all-natural product that reminds me of childhood because of its Creamsicle scent. It's seriously grainy, with organic sugar as a base, but it's liberal recipe of organic safflower oil along with oils of sweet almond, grape seed, castor, and Vitamin E leaves an oily film on your face. In terms of scrubbing, it's great; but if I wanted this much oil on my face, I'd work on an oil rig.



Another one of my favorites is Suki's **Exfoliating Lemongrass Cleanser** (5.7 ounces, \$24.50, www.sukipure.com) with chamomile and Vitamin C. It goes on like a grainy Thai soup before foaming into a lemon-fresh froth in a few seconds. Organic rice flour and sugar and powdered organic herbs form the natural base, and the whole thing is vegan. Short of relocating to Thailand, this one brings a bit of Siam to the shower.

Caught somewhere between a face wash and a scrub, the **Jojoba & Ginseng Exfoliating Face Cleanser** from John Masters Organics (2 ounces, \$25, www.johnmasters.com) is a creamy textured facial cleanser with sparse minuscule jojoba beads that gently exfoliate without scratching. That's good and bad, depending if you're looking for a wash or a scrub. Since this column is about scrubs, I'd say the truth comes out in the wash: It can't battle with the big boys here in the face-scouring arena, but it's a refreshing little product nonetheless.

Often times going organic can sometimes mean going Old World—after all it was modern science that invented all this chemical nonsense—and that's just what ilike organic skin care from Szép Élet has done. Straight out of Hungary, the line is 100 percent organic. The **Spinach and Horsetail Exfoliator** (1.7 ounces, \$40, www.szepelet.com) combines organic spinach, horsetail, and honey with a green cocktail of vitamins (B, C, E, H, and K) and bioflavonoids to ready your face for Eastern Bloc winters. It's also recommended as a 15-minute mask. I'm still a guy, so I have little patience for that, at least before my morning jolt of caffeine. **OS**

Kevin Raub is a travel and entertainment journalist and a contributing writer at Organic Spa. His work appears regularly in Travel+Leisure, Town & Country, American Way, Dame, and Lonely Planet, among others. He is begging: Please make an organic face scrub with caffeine!