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*know-how,
aspects of
shinrin-yoku,
the calming
Japanese
practice of
spending time
among trees, can
be approximated
indoors.*

*How to Create an
At-Home Forest
Bathing Ritual*

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*Sometimes ideas
are poison, too.
At the turn of
the 20th
century, the
Darwinian
botanist Luther
Burbank bred
blackberries to
be thornless and
nonthreatening.
Turns out
Burbank had
similar ideas*

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about ...

*Pick Your
Poison: The
Sweet, Sometimes
Lethal Sides of
Your Produce
I do not think
of syrupy,
herbal liqueurs
as ... dramatic
candles that fit
in my bath tray
candle holder,*

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*but candles are
not the only way
you can create a
mood. Have you
experienced
total ...*

*How to Perfect
the Art of
Bathing*

*This herbal
blend cleanses
the mind and
body. Its*

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chamomile

mixture paired

... At E&M

*Medicals, our
aim is to create
clean and
quality grade
products which
will help you
achieve a state
of ...*

Rejuvenate

Herbal Bath Tea

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Blend

*The mommy
daughter duo
came together to
create Everybody
Love Your Body,
a children's
book that
focuses on self
... throughout
the house naked
before bath time
was cute but it
also made me ...*

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*Paulette Bonneur
And Her Daughter
Harper Encourage
Body Positivity
With Their Book,
Everybody Love
Your Body*

*This is why it
is so important
Black people
check their own
energy, and that
we seek peace*

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*and harmony in
our daily
routines. It is
important we
nurture
positive, kind
and
inspirational
thoughts, ...*

*When Black
people vibrate
higher, we can
save the world*

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*Just make sure
you invest in a
good bath mat to
cope with ...
from head to toe
in chocolate
body paint then
drive them wild
by licking it
off. Check out
chocolate body
paints (3 x
60g), £12.99,
...*

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drivers to
Bridgerton-style
- ten types of
role play to
spice things up
in bed*

*And a growing
body of research
shows this
approach to
nature has
health ... co-*

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*founder of the
Children and
Nature Network
and author of
several books,
including Last
Child in the
Woods: Saving
Our ...*

*Destress your
kids with a
forest-bathing
adventure*

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*I've had to
reinvent what it
means to have a
treat, like
rediscovering
the escapism of
reading books. I
have long soaks
in the bath and
treat myself to
body scrubs and
face ... weeks
of Dry January,
...*

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*I was afraid
life would be
boring without
booze*

*In the steam
bath, temazcaler
ascombine herbs,
heat, humidity,
rest, and
massage to
create what
Arroyo Cabrera
describes as a*

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*potent remedy
for the mind,
body, and
spirit. And it
all begins in
the ...*

*Temazcal Healing
But have you
ever tried
aligning your
self-care
rituals with
your zodiac*

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*sign? According
to New York-
based astrologer
Lisa Stardust,
by doing so you
can bolster
their healing
potential and
take care ...*

*How to practise
self-care
according to
your zodiac sign*

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*Smith, a veteran
journalist and
former senior
editor of the
Los Angeles
Times Magazine,
is the author of
five crime
novels and four
previous
nonfiction
books. He has
won more ...
Griggs had no*

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visible ...

*Exclusive
excerpt from
"Going to
Trinidad": A
patient arrives
at a gender-
confirmation
crossroads
"In one of our
projects, we
chose the Jungle
Book theme*

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*wallpapers for
the area ...
shapes can
elevate the look
and feel of the
bath area." One
of the newer
trends in home
décor is also to
create ...*

*From colours to
indoor islands,
give your home a*

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Summer 2021

trendy makeover

Bath train

*station is about
25 minutes'*

drive away and

there ... These

involve guided

breathing and

visualisation

techniques

during various

body massages

with focuses on

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*the metamorphic
zones of the ...*

*Inside Lucknam
Park's spa, one
of Wiltshire's
most tempting
retreats*

*Known to
millions of fans
as Daenerys
Targaryen, Game
of Thrones star
Emilia Clarke*

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has also

*appeared in hit
films like Solo:
A Star Wars
Story and Me
Before You, and
is Cliniques ...*

*Emilia Clarke
Swears By This
Blow-Dryer for '
Low-Maintenance'
Hair*

In our busy day-

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*to-day life,
it's hard to
squeeze in a
little quality
"me" time with
everything going
on. Playdates,
Zoom calls,
cooking, doing
the dishes,
running errands...
no wonder our
minds are ...*

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*Yes, You Deserve
It! Here's the
50 Best Self-
Care Gifts for
Women to Get and
Give
Bieber even
points to Minnie
Mouse as a
character that
has inspired her
over the years,
which is why she
recently*

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*participated in
Disney and
Create ...
Coconut After
Bath Body
Moisturizer.*

*Hailey Bieber
Says This \$4 Lip
Balm Is the
Solution to Dry
Lips
Instead of
actual beer,*

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*though, the tub
was filled with
water infused
with a seasonal
herbal blend.*

*“The beer bath
is not filled
with Budweiser
... The Beer Spa
works with a
master herbalist
to create ...*

What It's Like

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*To Relax In A
Hops-and-Barley
Bath at
Whittier's New
Beer Spa*

*The grand
opening is at 1
p.m. "We do all
kinds of natural
bath and body
care," Amos said
... and how can
I create a
moisturizer that*

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*will last all
day, that you
don't have to
keep putting ...*

*A Macon-based
natural beauty
and bath bar
opens second
location in
Warner Robins
Quantum
Harmonics Brain
& Body ...*

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*herbal teas and
tonics,
everything at
this acupuncture
studio feels
luxurious and
healing.*

*Director of
Acupuncture
Gabriel Sher and
his staff create
custom ...*

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