

Start the New Year off right with some helpful products

Resolution: Take Better Care of Your Skin

A good cleanser is the essential first step in any skincare routine. Kensington Apothecary offers products that contain Certified Organic, Ecocert approved, GMO-free, cruelty-free, conflict-free, and sustainably-harvested ingredients.

The Creamy Coconut Cleanser lathers gently using a coconut-based surfactant system that will not dry out skin.

Ingredients: Organic Aloe Barbadensis Leaf Juice, Organic Glycerin (plant-sourced), Organic Coconut Pulp, Fig Fruit Extract, Honeysuckle Extract, Japanese Honeysuckle Extract, Xanthan Gum and Citric Acid. \$24.

Their Rose Oil Cleanser dislodges and encapsulates even the most stubborn oil and grit and sweeps away clean, so skin's natural lipid layer can go back to doing what it was designed to do.

Ingredients: Organic Meadowfoam Seed Oil, Organic Apricot Kernel Oil, Organic Peach Kernel Oil, Sunflower Seed Oil, Olive Seed Oil, Olive Leaf Extract and Rosa Damascena Flower Oil. \$24.

Both products available at select Whole Foods and spas and via www.kensingtonapothecary.com.



Resolution: Breathe Better

When it comes to common ailments, there are few more frustrating than sinus issues. With cold and flu season right around the corner, problems with sinuses are bound to bring pressure to the face that results in headaches, earaches, congestion and even difficulty breathing.

Xlear's Sinus Care products, doesn't contain drying decongestants or chemical antihistamines— just ingredients to moisturize and soothe the nasal passages, enhancing the body's inherent defenses within the airways.

There's Sinus Care Spray for on-the-go relief, Sinus Care Neti for moderate care and the Sinus Care Rinse for positive pressure rinsing of the nasal passages. Xlear's product line has non-GMO ingredients such as Celtic sea salt, xylitol, and grapefruit seed extract.

Nasal Spray \$14.99; Rinse System \$14. Neti is \$15. Sold at CVS, Whole Foods, Richard's, Bulk 'n Natural, Super Value and Richard's and at www.xlear.com/xlear-sinus-care.



Resolution: Eat Healthier (while saving the planet)

Safe Catch is introducing the first canned tuna where every fish is tested for mercury. One 2-ounce serving of Safe Catch tuna has 60 calories, a mere 0.5 grams of fat, no saturated or trans fat, 20 mg of cholesterol, 14 grams of protein, 300 mg of potassium, 50% of the daily value of niacin, 30% of vitamin B6, 20% of vitamin B12, 40% of selenium and five times the Omega 3s of other tuna brands.

Also, because Safe Catch tests every fish for mercury, consumers are safer eating it on a regular basis than other light tuna brands that can have varying levels of mercury from can to can.

Tuna casserole, tuna fish sandwiches, tuna salad canned tuna used to be a staple in American households. But worries about mercury and the effects it could have on pregnant women and their children caused many people to stop eating it. Now, the once popular fish is making a comeback. Safe Catch created a technology that enables the company to test every fish for mercury by extracting a sample the size of a grain of rice and putting it into a special machine for analysis. The company has set limits that are ten times stricter than the FDA mercury limit.

The new canned tuna brand is now available online and in over 3,000 stores across the country. One can contains 35 grams of protein, Omega 3 and other essential amino acids that can help increase children's brain development.

Darn, not sold here – yet – but you can buy it online at <https://safecatch.com>.



Resolution: Less Wires!



URGH aren't those forever tangling wires a mess? Why does tech have to be so messy and complicated when all you want is a decent connection? TP-Link offers a .150 Mbps Wireless N Nano Travel Router for only \$19.99. You can keep devices charged and connected wherever you are and look how small it is!

Powered through a micro USB port by an external power adapter or USB connection to a computer. More info at www.tp-link.us.

Resolution: Make Travel Less Stressful

Symptoms: Disheveled hair, neck pain, face creases. Condition: The dreaded "head bob" neck caused by contorting our bodies into origami-like shapes in an effort to travel comfortably. Solution: Travelrest Ultimate Memory Foam Pillow.

Ensure one leg of your journey is peaceful with a travel pillow that is ergonomically designed for optimal head, neck and shoulder positioning and sweet dreams. Made from special thermo-sensitive memory foam



(originally developed by NASA), the Travelrest pillow features an exclusive non-slip back holds the pillow ergonomically in place. Easily compressed, the pillow will shrink to a fourth of its size and fit inside a provided drawstring pouch for transporting without weighing down your luggage.

The Travelrest Ultimate Memory Foam Neck Pillow is available for \$39.95 at Amazon.com.