

# pilatesstyle®



www.pilatesstyle.com

## 2010 RESOURCE GUIDE

your ultimate tool  
for connecting to  
everything pilates

### apparel

resolve clothing conflicts

### education

you can never learn it all

### equipment

the year's hottest trends

### health & wellness

the biggest news stories

### media resources

new media offerings  
and best new DVDs

### spa & travel

take your practice  
on the road

### studios

recession-proof  
your business

## HOW TO GET A DANCER'S HOT BODY

try our new  
ab-blasting  
workout

## PILATES FOR WEIGHT LOSS: REALLY

## BOOST YOUR BOTTOM LINE WITH TOWER CLASSES

## MEET THE CREATOR OF THE POWERFUL FRANKLIN METHOD

### PLUS

- AVOID BURNOUT
- BEAT INCONTINENCE
- FIGHT INFLAMMATION

FEBRUARY 2010

\$2.99 US



0 09281 02981 6 02

# COLD care

these moisturizers will keep you baby-soft all season long

Winter is the season for skiing, hot chocolate and exchanging presents, but it's also the time of year when our skin can get desperately dry. Lucky for you, we've tested out a bathroom's

worth of creams, balms, salves and soaps and found the most hydrating products to keep your entire body looking and feeling its best, no matter how cold it is outside. —Amanda Altman

**DERMA E'S HYALURONIC ACID NIGHT CRÈME INTENSIVE REHYDRATING FORMULA** plumps skin and helps reduce fine lines and wrinkles with ester-C, vitamins A and E, and macadamia oil (\$29.50; [dermae.net](http://dermae.net)).



A must-have for ski bunnies, **OLE HENRIKSEN SKIN INSULATOR WITH SPF 15** protects capillaries and nourishes skin with borage and grapeseed oils (\$35; [olehenriksen.com](http://olehenriksen.com)).



Great for sensitive skin, **LAVERA INTENSIVE DAY CREAM SPF 5** penetrates deeply with organic olive, jojoba and sweet almond oils, and fights free-radical damage with green tea, bamboo and rooibos (\$65; [lavera.com](http://lavera.com)).



Formulated by a plastic surgeon, **ANOKHA ALMOND CLEANSING MILK** gently purifies and removes makeup without drying or irritating your face (\$25; [anokhaskincare.com](http://anokhaskincare.com)).

**AHAVA'S INTENSIVE HYDRATION MASK**, perfect for all skin types, is made with glycoproteins and Dead Sea minerals to soften, firm and boost skin's elasticity (\$28; [ahavaus.com](http://ahavaus.com)).



**THYMES NAIA HAND CREAM** absorbs right into parched skin—and it smells amazing, thanks to a blend of water lily and citrus (\$18; [thymes.com](http://thymes.com)).



## EMILY SUPER-DRY SKIN

**SOOTHER** combats severe dryness—especially on elbows and knees—with just eight all-natural ingredients, including organic sunflower oil and frankincense (\$14; [emilyskinsoothers.com](http://emilyskinsoothers.com)).



**SLEEK MEDSPA'S BRIGHTEN EXFOLIATOR** contains professional-grade glycolic, lactic and pyruvic acids to slough off dead skin and increase surface-cell turnover, along with bearberry and licorice extracts to reduce discoloration (\$84.95; [sleekmedspa.com](http://sleekmedspa.com)).



Lightly infused with sustainable extra-virgin coconut oil, vegan **LUSH COCO LOTION** instantly softens and balances skin's pH with sesame-seed and pumpkin-seed oils. Plus a portion of the proceeds support children and schools in Nias, an island in Indonesia (\$19.95; [lushusa.com](http://lushusa.com)).



Soften your entire body in the shower with **NATURE'S GATE VELVET MOISTURE BODY WASH** in pomegranate sunflower with omega-3-rich shea butter, and sweet almond oil and the antioxidant vitamin E (\$7.49; [natures-gate.com](http://natures-gate.com)).



**McBRIDE BEAUTY'S MULTI-PURPOSE REPAIR STICK** with neem and rosemary oils soothes just about anything—from dry lips and patches to cuts, windburn, unruly cuticles and even split ends (\$15; [mcbridebeauty.com](http://mcbridebeauty.com)).



**BEAUTYZZZ NATURAL SILK PILLOWCASE** contains amino acids that resemble those found in human skin to help balance the pH of hair and skin, and to promote cell renewal—plus the material enhances the absorption of your face cream (\$47; [beautyzzz.com](http://beautyzzz.com)).

## DOCTOR'S ORDERS

Steven J. Pearlman, MD, FACS, former president of the American Academy of Facial Plastic and Reconstructive Surgery, knows a thing or two about skin care. Here are his top 5 tips for fighting flaky skin.

1. Cleanse and exfoliate the skin to remove dirt and any impurities before you moisturize.
2. Apply serum first to form a barrier for your moisturizer.
3. Make sure you're using the proper moisturizer for your skin type. Someone with drier skin needs a thicker product—a basic facial lotion that will be soaked up by the skin the minute it's applied.
4. Use a humidifier to help combat cracking skin.
5. Keep your body hydrated by drinking eight glasses of water a day.

