



## Doctor's Orders

Whether the diagnosis is jet lag, stress or exhaustion due to overly strenuous sightseeing, the best medicine is some R&R. At Puriin Spa & Wellness (page 27), relaxation is the specialty. Sip herbal tea by the fireplace in the lounge before venturing into a float pod for 90 minutes of zero stimulation. For those who want to float with a friend (or who suffer from claustrophobia), the flotation suite (pictured) is the perfect option. A zero-stress environment? Just what the doc prescribed.

## Success, Naturally

Think natural products aren't as effective as their chemical-enhanced brethren? Think again. Dr. Roohi Qureshi whips up small batches of all-natural deodorants (pictured), lotions, soaps, lip balms and more in her Toronto store. They all pack a powerful punch, despite containing none of the parabens, phthalates, silicone chemicals or other nasty ingredients found in so many commercial formulas. Find her Leaves of Trees ([www.leavesoftrees.com](http://www.leavesoftrees.com)) line at BeautyMark (page 26).



## Beauty Inside & Out

Makeup artist Rose-Marie Swift may be a New Yorker now—as evidenced by her sassy opinions on everything from airline rules to the over-plucked state of most women's eyebrows—but she's still a Vancouverite at heart. Her local roots show in her passion for healthy living. She developed her own organic product line, RMS Beauty, and uses it on celebrities such as Gisele Bündchen. Try it yourself at Kiss and Makeup (page 26).