



# Blueprint

Fall 2006

SP SPECIAL TREATMENT

## Patch WORK

Once merely a way to rescue a favorite pair of jeans, patches are now modern-day delivery systems, depositing everything from concentrated skin-care ingredients to a soothing dose of warmth (or coolness).



1. **Natu Stone Cooling Gel Pads**, \$7 for 6 pads, [www.naturapath.com](http://www.naturapath.com). Apply one to relieve a feverish forehead. The compress absorbs and disperses heat (no freezing necessary).
2. **WhiteSide SkinScience Pure Retinol Treatment Eye Mask**, \$69 for 12 treatments, 800-722-2000. They're saturated with a form of retinol, a vitamin A derivative proven to prevent fine lines and wrinkles.
3. **Estee Lauder Perfectionist Power Correcting Patch for Deep or Lines**, \$39 for 3 pairs, [www.lauder.com](http://www.lauder.com). With a potent blend of skin-smoothing peptides, these under-eye patches reduce the appearance of wrinkles in 20 minutes.
4. **SK-II Pitera Signs Eye Mask**, \$65 for 14 pairs, [skii.com](http://skii.com). Each five-minute minimask contains peptides and vitamins B and E to reduce puffiness and improve the skin's texture.
5. **DHC Revitalizing Moisture Strips for the Mouth**, \$7.50 for 6 pairs, [dhccare.com](http://dhccare.com). These strips fit above and below the lips. Each contains a blend of botanicals to moisturize the fine lines around the mouth.



DHC Revitalizing Moisture Strips: Mouth  
\$7.50 (for 6 pairs)  
[www.DHCCare.com](http://www.DHCCare.com)

6. **Naturapath of Vermont Sweet Dreams Sleep Aid**, \$45 for 10 patches, [naturapath.com](http://naturapath.com). Apply this patch to your chest or shoulder at bedtime. It is soaked in sleep-inducing lavender, chamomile, and jasmine essential oils.
7. **ThermaCare Heatraps for Menstrual Cramp Relief**, \$7 for 3 pads, [drugstore.com](http://drugstore.com). Smooth the sticky side over your lower abdomen to soothe cramps. Air-activated, it stays warm up to eight hours and won't fall off while you sleep. (There are larger sizes for lower back or shoulder pain.)

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