



NATURAL HEALTH

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WE SPRAYED, SQUIRTED, AND RUBBED ON HUNDREDS OF PRODUCTS TO DISCOVER THE WINNERS OF OUR SECOND ANNUAL NATURAL HEALTH BEAUTY AWARDS.

THINGS OF BEAUTY

IT SEEMS LIKE EVERY TIME WE TURN AROUND, another natural beauty product hits the scene, claiming to be better than the last. As the category gets more and more crowded, it gets harder and harder to choose. For our second annual Natural Beauty Awards, we set out with what seemed like a task for the *Mission: Impossible* team: Find the best natural products launched in 2006.

Since Ethan Hunt was unavailable, we recruited our entire staff to select a manageable group of finalists. We scrutinized labels, soaped up, squirted on, and rinsed off. Boyfriends, sisters, friends, and mothers were slathered with lip balm, hair gel, and body scrubs. One editor recruited her husband and two children to help evaluate more than 80 different hand and body lotions. Another editor came in late after spending the morning rinsing off the styling products she'd tested on her hair. (Talk about a bad hair day!)

Then we enlisted the help of three top dermatologists to give us their professional yea or nay. "It's exciting to see how technology has really improved the way natural ingredients work on the skin," says panelist Diane Madfes, M.D.

OUR EXPERTS

- Andrea Lynn Cambio, M.D., a board-certified dermatologist in New York City
- Sandy Sharon Tsao, M.D., a research dermatologist at Harvard University
- Diane Madfes, M.D., clinical dermatology instructor at Albert Einstein College of Medicine in New York City

Finally, we asked the real experts: You. Nearly 600 *Natural Health* readers chimed in via the Internet, alerting us to the products you love and trust. Who better to judge how a product really performs than the people who use it day in and day out? After all the scrubbing and consulting, we narrowed the field to 25 of the very best natural beauty products from 2006. Mission: Accomplished.

By OLESSA PINDAK
Product photography by JACK MISKELL



WINNER!
Best Cleanser (Face)



1 Winner
Chicopee Washing Wash
DHC's *Chicopee Wash* makes you look like you just came in from a brick jgg—minus the sweat and heavy breathing. Available in four shades, "It has staying power without causing irritation or allergy," says panelist Andrea Lynn Cambio, M.D.

4 CLEANSER (FACE)
We were skeptical, but oil does clean your face. "Plus, it won't cause irritation or breakouts, like some harsh cleansers do," says Cambio. Case in point: **DHC Soft Touch Cleansing Oil** (\$14; dhccare.com). It dissolves a day's worth of dirt and makeup and leaves cheeks feeling soft and supple.

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