

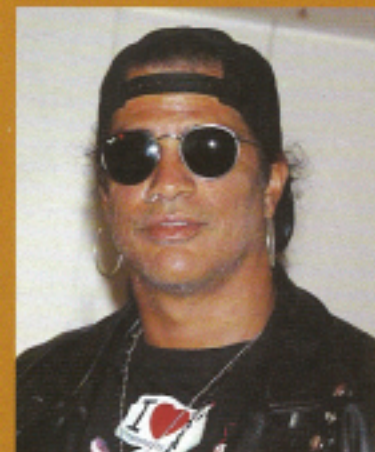
News Entertainment Business Nightlife

TIMES BEVERLY HILLS

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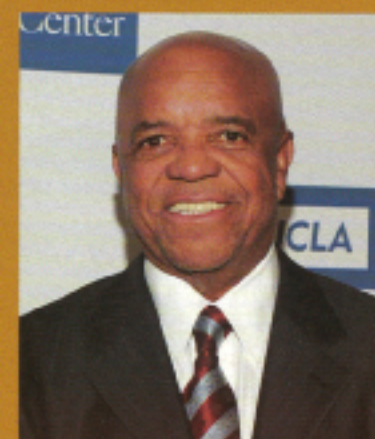
Emmy Gifting Suite Host
Beverly Hills Housewives
Adrienne Maloof



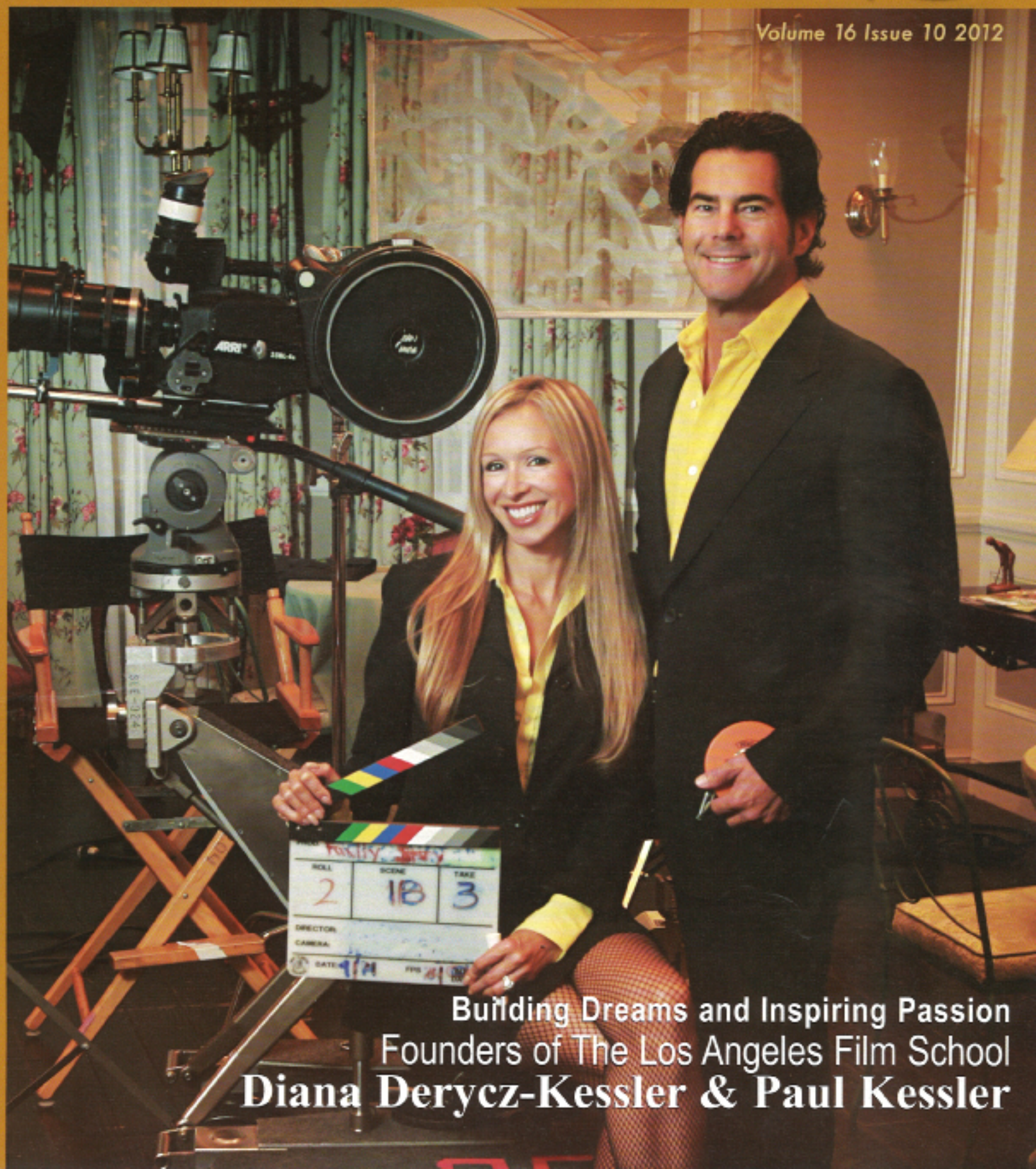
SLASH
Plays Poker For Charity



Star Studded Motion
Picture Beverly Hills Event
Mena Suvari



The Longevity Center
Awards Gala
Berry Gordy



Building Dreams and Inspiring Passion
Founders of The Los Angeles Film School
Diana Derycz-Kessler & Paul Kessler

Natural Beauty

BEAUTY SECRET recipes You Can Make AT HOME



If you spent time at the beach this summer, you may have noticed your hair has taken a beating, and perhaps is more dry than usual. Keep in mind your skin is not the only thing that needs protection from the sun. If your hair has been in the sunshine, or you have drenched your locks in the salt-water waves, you may now be paying the price with weathered and extra dry hair.

If you have a pimple, dab some Neosporin ointment on the blemish. It is antibacterial and will help your pimple heal faster. You can also rely on some toothpaste, which will help dry-out the blemish.

Sparing hair from damage can be challenging, but spraying leave-in conditioner before your day on the sand is beneficial and preventative. If the damage is already done, it's time to repair your hair. This fantastic hair mask will nourish your strands with protein, while also conditioning it with the moisture-retaining benefits of almond.

Tips For Helping Your Hair Recover From All That Summer Fun

By *Elizabeth TenHouten*

Lustrous Locks (Courtesy of Elizabeth's new book, *Reaching for Beauty*, Hatherleigh Press/Random House, June 2013)

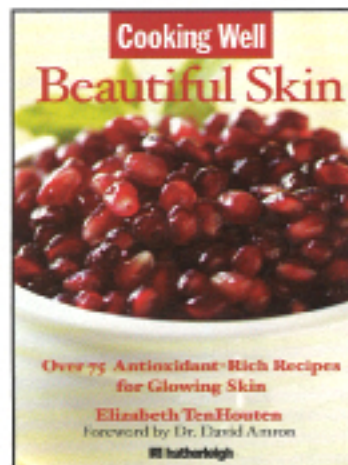
For dry hair, this is a very easy fix and should be indulged in on a bi-monthly basis during the summer. Ingredients:

1 egg yolk
1 tablespoon almond oil
1 cup water

Preparation & Application:

In a small bowl, mix ingredients until emulsified and apply to your hair as a conditioning treatment in the shower.

Rinse with warm water. Try not to blow-dry your hair too often, as that also dries your hair out. Allow your hair to air-dry with protective leave-in conditioner. ●



From Teen Vogue, Healing Lifestyles and Spas Magazine to Natural Health Magazine, the Discovery Channel's Planet Green and Working Mother Magazine, author Elizabeth TenHouten's expertise as a natural chef and beauty expert are raising the beauty bar to a new level; one that includes self-love and nurturing one's inner self to achieve outer beauty.

EarthTalk®

Questions and Answers About Our Environment

By Roddy Scheer and Doug Moss

Dear EarthTalk: I've suspected perfumes and colognes must not be healthy because of their smell and most bother me. Am I correct? Is there information available on this issue?
Lucinda Barry
Minneapolis, MN

Ahhh...the sweet smell of petrochemicals! The Environmental Working Group (EWG) reports that, while many popular perfumes, colognes and body sprays contain trace amounts of natural essences, they also typically contain a dozen or more potentially hazardous synthetic chemicals, some are derived from petroleum. To protect trade secrets, makers can withhold fragrance ingredients, so consumers can't rely on labels to know what hazards may lurk inside that new bottle of perfume.

"A rose may be a rose," says EWG. "But that rose-like fragrance in your perfume may be something else entirely, concocted from any number of the fragrance industry's 3,100 stock chemical ingredients, a blend almost always kept hidden from the consumer." The Campaign for Safe Cosmetics, a coalition of over 100 groups seeking transparency about chemicals in cosmetics, commissioned independent laboratory tests revealing 38 secret chemicals

human fat tissue and breast milk. EWG explains ingredients not in a product's "hidden fragrance mixture" must be listed on the label, so makers disclose some chemicals but "lump others together in the generic category of 'fragrance'." EWG



blames the U.S. government in part, saying the Food and Drug Administration "has not assessed the safety of the vast majority" of secret chemicals in spray-on products such as fragrances. "Fragrance secrecy is legal due to a loophole in the Federal Fair Packaging and Labeling Act of 1973, which requires companies to list cosmetics ingredients on product labels but explicitly exempts fragrance." As such, the cosmetics industry has kept the public

YOUR PERFUME...HIS COLOGNE... what you don't know could make you sick!

in 17 leading fragrances. For a current list of the top offending colognes and perfumes and the chemical count that each contains, visit the Skin Deep web site available at the end of the article. "The average fragrance product tested contained 14 secret chemicals not listed on the label," reports EWG, which analyzed the Campaign's data. "Among them are chemicals associated with hormone disruption, allergic reactions, and many substances have not been assessed for safety in personal care products." EWG adds some of the undisclosed ingredients are chemicals "with troubling hazardous properties or a propensity to accumulate in human tissues." Examples include diethyl phthalate, a chemical linked to sperm damage in human epidemiological studies, and musk ketone, which concentrates in

in the dark about fragrance ingredients, "even those that present potential health risks or build up in people's bodies." EWG's website: www.safecosmetics.org Campaign for Safe Cosmetics: www.ewg.org/notsosexy; Not So Sexy EWG's SkinDeep database is a source of information on ingredients and health risks in thousands of cosmetics and related products available on store shelves. Skin Deep; www.ewg.org/skindeep. ●

EarthTalk® is written and edited by Roddy Scheer and Doug Moss. A trade-mark of E-The Environmental Magazine www.emagazine.com; send questions to: earthtalk@emagazine.com. Subscribe: www.emagazine.com/subscribe. Free Trial Issue: www.emagazine.com/trial