

Embrace Your Inner Hippie

By **Maura** • Jun 1st, 2009 • Category: **HEALTH**

So this weekend I decided to embrace my inner hippie and enjoyed a few days full of nice relaxing earthiness. I threw on my new **Birkenstock's**, which p.s. aren't just for the hippie grandma living in Vermont anymore..they've extended their line with new styles and colors, and I'm a fan. Birnies as my mom always called them are super comfortable because the sole is shaped to your foot, but a word to the wise—they take some time to break in, so don't expect to wear them on a day long shopping trip the first time out of the box..you will regret it if you do. Another plus..they are practically indestructible, if the inner or outer sole wears down (which takes forever) you can take them to a local dealer and get the replaced very easily and inexpensively.



Golden Brown Birko-Flor Gizeh \$79.95

But anyway, I threw on my Birnies and grabbed my **Yoga mat** (if Paula Abdul likes it then I like it) and was ready for some hippie heaven. After working up a sweat with some downward dog action (get your minds out of the gutter..I'm talking about yoga here) I went back to mi casa to relax with some awesome at home spa treatments. These are perfect for anyone out there that might be strapped for cash but still wants to pamper themselves. They are super simple to make so all you need is a trip to your local farmers market and a blender. Here are a couple recipes to try out courtesy of lifestyle expert Mindy Terry of Creative Spa Concepts:

PAPAYA PINEAPPLE EXFOLIATING MASQUE

2 Chunks Fresh Pineapple

1 Ripe Papaya

½ tsp. Honey

Mash together pineapple (cut into 1/2 inch squares), ¼ papaya and ½ teaspoon of honey.

Apply to skin

and leave on for 15 minutes. Rinse with cool water and follow with your favorite moisturizer.

Pineapple is an exfoliant and also provides anti-aging benefits by stimulating the function of collagen fibroblast cells. Papaya also helps to exfoliate and soften the skin. Honey is great for moisturizing, calming and soothing the skin.

SWEET SUMMER SKIN SMOOTHER

1 Ripe, Organic Mango

1 tbsp. Honey

½ tbsp. Extra Virgin Olive Oil

1 cup Sugar in the Raw

Mash up ½ mango with a fork until smooth. Stir in honey and olive oil until blended. Add sugar. While in the shower, massage mixture onto dry skin including the neck and face. Allow the masque to remain on the body for several minutes to smooth and soften the skin. Rinse off with warm water and lightly dry the skin. For added moisture, follow with your favorite body and face moisturizers. Mango is rich in phytochemicals and nutrients that nourish the skin. It is also a great anti-oxidant.

So get out there and embrace your inner hippie for a day!



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Maura is a born and raised Brooklyn girl who has adopted a bit of the Southern girl charm from spending the last 3 years as a college student in Mobile, Alabama. While away from home she misses the fast paced lifestyle and could kill for a real slice of pizza. She is obsessed with shoes, sushi, her Paul Mitchell straightening iron, and lusting after her David Yurman favorite

ring of the week.
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