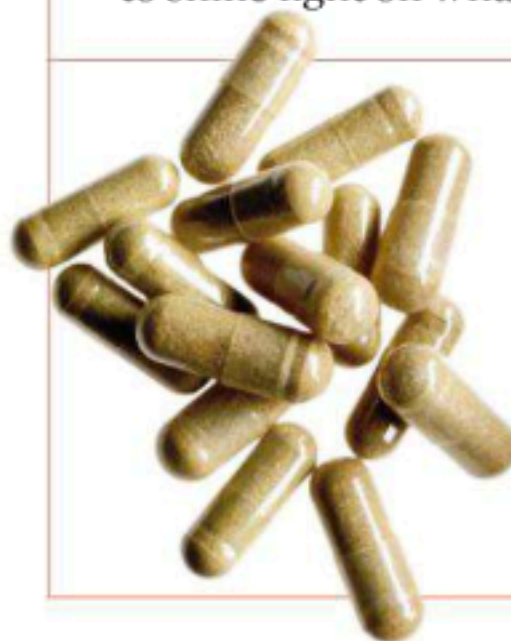


VANESSA'S PICKS



## GOOD scents

We all know the powerful impact scent can have on our mood. Now The 7 Virtues line of perfumes (\$70 each) comes with a built-in feel-good factor — they're made using organic scented oils from legal crops in war-torn or impoverished communities. Noble Rose of Afghanistan contains local rose oil spiced with clove and peppercorn. Afghanistan Orange Blossom is a fresh, fruity blend of native orange blossom, freesia and jasmine. This fall, a new fragrance made from the vetiver oil of Haiti will launch. Brand founder Barb Stegemann of Halifax says her commitment goes beyond making people smell great. "The average woman in Afghanistan does not live beyond 40," she says. "I am 42, and my life has just begun. There is so much we can do, and I have only just started with this mission. We are here to shine light on what is beautiful about these countries."



## SUPPLEMENTAL EDUCATION

Feeling rundown? Frustrated by the confusing options lining the vitamin aisle? So was Toronto's Shawna Page, so, at 42, she left her career in banking to create a line of 13 supplements (\$30 per bottle) geared toward tackling women's most pressing health issues. Spending nights staring at the ceiling? Try FemMed's Sleep formula with magnolia bark and lemon balm. Want to spend more time staring at the ceiling? Reach for Libido, the ginseng-enriched formula, to help get your groove on.



— SUPERMODEL **CAROL ALT**, CREATOR OF SKINCARE LINE RAW ESSENTIALS

*"Starving myself was hard — my lifestyle now is all about abundance. At 50, I sit down in the makeup chair and people tell me my skin is better than the 27-year-old next to me."*



## CHILL OUT

If your summer budget barely has room for anything other than the air conditioning bill, consider picking up Yves Rocher Protectyl Végétal SOS After-Sun Cooling Gel (\$14) to help ease the heat. This lovely hydrator uses an ingredient from the Aphloia shrub in Madagascar, which soothes and repairs skin after a day in the sun. With a good imagination (and a few cocktails), the exotic aroma will transport you to a far-off Indian island oasis.