

boho

a new american spirit

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SPRING FASHION

YOUR **GREEN** GUIDE TO THE
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Licensed Acupuncturist Shellie Goldstein firms, strengthens, and lifts skin through a noninvasive form of antiaging called the Acufacial®, www.hamptonsacupuncture.com. Acupuncture is a form of ancient Chinese medicine where thin, disposable needles are strategically inserted into the surface of the skin stimulating the blood flow. Don't get nervous. Shellie assures us the needles generally go no deeper than a piece of tissue paper. **Needles still not your thing?** Try Now Foods Hyaluronic Acid Serum \$14, www.nowfoods.com. The ultra-concentrated hyaluronic acid gel is developed to increase the skin's natural elastin levels while reducing the appearance of wrinkles and fine lines. Hyaluronic acid is a natural humectant which brings moisture to the skin thus keeping the cells hydrated.