



Pilates Style; January 2009



wipe out

Sure, you feel like a million bucks after your workout, but all that sweating and subsequent showering can wreak havoc on your skin,



especially in the cold, dry winter months. Yet in this economy, expensive creams and treatments have become a luxury. Here's one easy solution: Indulge in a quick perk-me-up throughout the day with all-natural 100 percent cotton wipes from **Jamar Labs**. Infused with lightly scented moisturizing botanicals, the paraben- and phthalate-free towelettes come in three biodegradable varieties: Wipe Your Feet, with cooling eucalyptus and menthol, banishes dirt and deodorizes; Wipe Your Hands has nondrying lavender and chamomile and moisturizes chapped skin; and Wipe Your Face contains soothing aloe and chamomile to rejuvenate skin and remove makeup. Best of all, unlike most wipes, these don't contain the chemical antibacterial agent Triclosan, which is considered a likely carcinogen by some (\$7.95 for 30; jamarlabs.com). —M.R.