

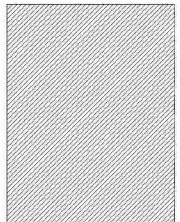


You've Got Strawberries. We've Got Recipes!

Take a Food Lover's California Road Trip

No-Cook Appetizers PAGE 48

Spruce Up Your BBQ Space 5 Budget-Friendly Ways



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Recipe for Beauty **GOOD LIFE** 23



STAR BRIGHT FARM LAVENDER MINT SUGAR SCRUB

Straight from a Maryland regenerative herb farm, this skin soother is crafted without any chemicals or fragrance oil—just loads of dried lavender. The sugar is fair trade and helps exfoliate dead skin while also boosting the production of new cells. (\$29, StarBright-Farm.com)



LOS POBLANOS LAVENDER LIP SALVE

Lavender farms are cropping up all over the U.S. One of the loveliest is little Los Poblanos, three meandering acres of organic Grosso lavender fields in Albuquerque, New Mexico. Parched puckers will soak up the goodness inside this cute retro tin. (\$6, Farmshop.LosPoblanos.com)



HUMPHREYS CALM & CLARIFY ORGANIC TONER

Here, a long-loved beauty product—the company has been around since 1854—gets a fresh upgrade. Sustainably harvested witch hazel and lavender join forces to sweep away the summer shvitz. And the organic toner is dermatologist tested for sensitive skin. (\$11, Walmart.com & Walmart stores)



JERGENS CALM & CLARIFY BODY BUTTER

The rich body butter deposits moisture better than a cream—especially good for summer-worn feet, hands and elbows—and has the added bonus of lavender essential oil for a whiff of relaxation. Keep it on your bedside table and slather it on before you nod off. (\$6, Walmart.com & Walmart stores)

The Beauty of Calm

Lavender has potent, science-proven stress-soothing benefits. These products bring that aah to your beauty routine. **By Christina Vercelletto**

The floral, fresh-scrubbed scent is instantly recognizable to most of us. The word *lavender* comes from the Latin “lavare,” or “to wash.” Its first documented use was in 77 A.D. by the Romans, who used it to clean bug bites. The ancient Greeks, meanwhile, famously put lavender in their baths. The herb is the “poster scent of aromatherapy,” says Jennifer Pressimone, a clinical aromatherapist and herbalist in Clermont, Florida. Studies have shown that lavender has calming

effects and can hasten sleep. An Italian review and meta-analysis found that the scent of lavender significantly reduced feelings of anxiety, and a 2021 study published in the journal *Nutrients* showed that the herb interacts with neurotransmitters in the brain that control sleep—including insomnia—and induce a calming effect in the body. No wonder its distinctive, dreamy scent wafts out of so many beauty products. Here are some of our favorites. Deep inhales, everyone.



THYMES LAVENDER HONEY EAU DE PARFUM SPRAY PEN

Cedarwood, heliotrope, tonka bean and honey combine with lavender for a heavenly hit of tranquility—fresh, breezy and just a touch sweet. Plus, the pretty tube is sized for TSA compliance—or just your purse. (\$25, Thymes.com)



L'OCCITANE EN PROVENCE LAVENDER FOAMING BATH

This bath gel is scented with PDO (protected designation of origin) lavender oil, which certifies that the herb comes only from the magnifique fields of Haute-Provence, France. A perfect way to soak away stress at the end of the day. (\$39, Loccitane.com)

HELEN NORMAN