



## Curiously Small

Altoids Smalls are newly packaged in a miniature version of the classic Altoids tin that's just about the size of a matchbook. These mints are just as powerful (or "curiously strong") as the originals, but are small enough to fit into the tiniest clutches, makeup bags or even the pocket of a pair of skinny jeans. Even better, they're sugar free with less than one calorie per mint. They come in three flavors: peppermint, wintergreen and cinnamon.



## A Recipe For Beautiful Hair

Peter Lamas has a recipe for beautiful hair that will keep you saying.... Soy Me!, Rice Me!, Give me Wheatgrass!

Every woman wants a shampoo and conditioner that will transform hair to look so sleek, so chic that your hair can stand any season, any weather condition, every occasion.

Peter Lamas' Naturals Collection has your recipe. They offer a Soy Hydrating Shampoo and Conditioner (\$18) can restore and strengthen chemically treated, dry, weak or damaged hair. It's enriched with amino acids, panthenol, aloe and dynsonyl to detangles and prevents split ends and fly-aways.

Also on the menu is Rice Protein Volumizing Shampoo and Conditioner (\$18) to thicken and volumize hair with peptides, proteins and amino acids.

Finally, there's Wheatgrass Purifying Shampoo (\$18) that can detoxify and cleanse hair without stripping it of moisture. It has wheatgrass, chlorella vulgarus extract and phytic acid to remove excess oil, chlorine and mineral deposits from hair and scalp while moringa seed extract shields your hair from environmental stress.

Peter Lamas Naturals' Collection is available at health and natural food stores across the U.S. or by visiting [www.lamasbeauty.com](http://www.lamasbeauty.com).

## Fe Fi Fo Fum Yummy Fillo



Aunt Trudy's Fillo Pocket Sandwiches were chosen by *Good Housekeeping* as part of their "100 Healthiest Convenience Foods List for 2009."

Aunt Trudy's Roasted Vegetable Fillo Pocket Sandwich, at only 240 calories, has organic

veggies wrapped in a light, flaky crust. The 3 Bean Veggie Chili Fillo Pocket Sandwich, at just 260 calories, is a vegan favorite.

Both sandwiches are microwavable and ready to eat in under ten minutes. Trans fat free and contains no preservatives. The suggested retail price is \$2.89. Visit [www.aunttrudys.com](http://www.aunttrudys.com) for more info. They are sold in Whole Foods and the Granary in Sarasota.



## Odors Don't Hang Around

The FRESHhanger Cover is a cover that fits on any standard clothes hanger that utilizes activated carbon technology to rid clothes of damaging or odor-causing substances. It also helps to decrease or eliminate the need for dry cleaning and even decreases the necessary frequency of regular clothes washing.

The FRESHhanger can also help to protect clothes from deterioration and fading while in the closet, saving cost and adding usable life to clothes. It literally absorbs everything from chemical odors and smoke to dampness and chlorine residue, deodorizing clothes and leaving them cleaner and fresher.

The FRESHhanger cover fits any clothes hanger. Simply hang the cover on any hanger and let FRESHhanger's activated carbon technology do the work.

The FRESHhanger is fragrance free, eliminating rather than masking odors and is fully effective for 6 months. In addition to the effect on the clothes, the FRESHhanger deodorizes and dehumidifies the entire closet area, further increasing the usable life of clothes. Retail for \$14.99 per pack of 5. To buy, visit [www.freshhanger.com](http://www.freshhanger.com) or call 866-530-6580.