

BOSTON

THE NEW NORMAL 10.2019

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Pot or Not?

No one knows

Limed

E-scooters
are coming

{*plus*}

EQUITY IN
UPHAMS CORNER

SAVING THE WORLD

One trip at a time



{lifestyle}

by CAITLIN MOAKLEY

FACE FORWARD

Prepare your skin
for winter with
hemp-based
products made in
New England.

I spent years vetting products for retail shelves in the natural products industry before starting my business, Soil and Spirit, which helps grow natural products brands with intention. As I was preparing for a recent talk about navigating personal care choices in this ever-evolving market, I realized just how far this industry has come. Finding organic, plant-based facial and body care products—especially ones made locally—used to be tough. Today, the hardest part is choosing from the plethora of natural products out there.

During this transitional season, I'm preparing my skin for the harsh Boston winter about to come. These hemp-based products will help me put my best face forward.

CBD Roll-On Blends

The Healing Rose // Newburyport, MA // \$25
 THEHEALINGROSECO.COM // @THEHEALINGROSE



My skin reacts when I indulge in fall comfort foods and beverages. Secret weapon: The Healing Rose's roll-on blends with the anti-inflammatory benefits of hemp-derived CBD. I apply a few strokes and massage the moment I feel something working under my skin. Relax & Restore has lavender, eucalyptus, and pink pepper; Awaken & Refresh has peppermint, clary sage, and rosemary; and Focus & Balance has fir needle, atlas cedarwood, and black pepper. The .35-ounce roll-ons with 100 milligrams of CBD are meant to be used on joints, temples, forehead, back of neck, and pressure points. A dab on the tummy can help soothe the discomfort of post-indulgence food babies.

AZUL FACE SERUM

Heart Grown Wild // Wardsboro, VT // \$33
 HEARTGROWNWILD.COM // @HEARTGROWNWILD

Heart Grown Wild's herbal-infused hemp seed oil is a simple and versatile skincare staple in my bathroom. Operating as both a cleanser and a moisturizing serum, Azul Face Serum is made with chamomile and calendula to fight inflammation, neroli to help skin cells regenerate, and prickly pear seed oil to reduce redness and



brighten skin. This woman-owned company uses only organic plant-based ingredients, a lot of them grown in Vermont.

Chocolate Heaven Face Mask

Thesis Beauty // Somerville, MA // \$30
 THESISBEAUTY.COM // @THESISBEAUTY

Hemp and chocolate—what could be better? Thesis Beauty's Chocolate Heaven Face Mask combines hydrating natural clay, organic hemp protein powder and raw cacao powder for a mask that is light in texture yet fully nourishing and breathable. It's packed with ingredients good enough to eat, like vitamin C-rich oranges.

CBD Hydrosol

Cordial Organics // San Diego (OK, it's not New England. Sue me.) // \$22
 CORDIALORGANICS.COM // @CORDIALORGANICS

Cordial Organics has really done it with these CBD-infused hydrosols, which are literally good enough to eat. These spritzers are the most stylish way to spike your favorite drink and hydrate your skin. When you do, offer to spritz the folks around you. (They'll probably ask, so don't make it awkward.) Consider this your random act of kindness. If you've got a hydrosol, you've got a friend in me. 

