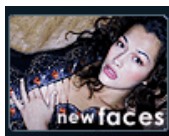


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# THEBOOK<sub>LA.com</sub>

by Elyse Glickman

style

pick of the week

## HerbaSway Spa & Beauty



### A spoonful of this helps Anything—including weight--go down

During our visit to the [www.herbaswayspa.com](http://www.herbaswayspa.com) concession at Madison & Mulholland's charity-focused golden globes suite, we not only learned how to show more charity toward our own bodies (by improving what we put in to it), but also how to make cutting back fun. While the **HerbaSway Spa & Beauty** line's **Green Tea** was generating quite a buzz, the other anti-aging beauty drinks made from green tea and super-fruits (such as Acai and blueberry) were also inspiration, and in a variety of ways.

For starters, all HerbaSway products are **sugar free, caffeine free, calorie free, alcohol free and have no artificial sweeteners or preservatives**, making them an ideal partner for flat or sparkling water so the final drink becomes more than the sum of its parts. We then launched into other possibilities, such as these drinks becoming flavoring agents for cocktails (making it easier to redeem the sins of evening entertaining) as well as salad dressings and other foods and condiments.

Even with the different flavors getting our imaginations fired up, the vendors explained that under the auspices of creator **Jonathan Selzer**, the primary use is to fortify what one's body needs anyway. HerbaSway Spa and Beauty uses natural ingredients with specific health benefits or technological properties in its formulas.

"We know from our own experiences, traditional medicines and ethnobotanists what plants offer the effects that we need," said Selzer of his all-natural and kosher supplements. "The search for the best botanical has taken us around the world so that we can provide you with products that really and truly work. This, as you can well imagine, is not easy. It would be wonderful if all our herbal needs could be met by plants grown in the US. More often than not, however, **the plant with the best health benefit for a particular formula grows only in lands far away**. We have been to the mountains of China or the orchards of Europe to inspect the fields, where our herbs are grown. We have sampled the water of the pools, where our lotus plants thrive. We test for pesticides, heavy metals and traces of unauthorized extraction solvents as well as all the active compounds in the products. We conduct these tests many times during the life cycle of a single ingredient."

Flavors include **Green Tea, Blueberry, Peach Green Tea, HerbaSlim, Blueberry, 7 Acai Blend, Cranberry** and are priced at \$25.95 - \$29.95/bottle. To see the entire line, and the benefits each variation provides, visit [www.herbaswayspa.com](http://www.herbaswayspa.com) or head out to local retailers to sample these delicious supplements for yourself.

This week, a **lucky winner** will receive a little buffet of Herbasway supplements, which

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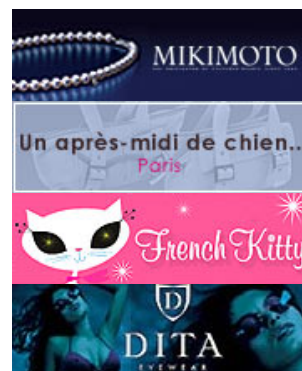


Lexii



Color Bar

advertisement



we're sure will make the transition between winter and spring (and shedding those extra pounds) so much more palatable.



Winners will be randomly selected and notified February 1, 2010. US only. [Rules](#)



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