

# ELLE

SUMMER SCENTS WE LOVE

CANADA

MAY 2005

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ELLE BODY

NICOLETTE LINTON/JILL DUNN



## Bug off

Until now, the millions of Canadians who suffer from rosacea were resigned to seeing red. The inflammatory vascular disorder was supposedly aggravated by everything from cold weather to alcohol. But doctors in China have discovered that worm-like parasites—the folliculorum and the brevis—may be the culprits, feeding on the oils in our skin and stimulating inflammation. *The Journal of the American Academy of Dermatology* noted that 42 percent of rosacea patients had four times as many of these parasites as those without the condition. But don't fret. The FaceDoctoRx Complexion Soap (\$20)—with sea buckthorn oil—will zap those pesky parasites. (At drugstores or [www.facedoctor.ca](http://www.facedoctor.ca).)

## BACK TO LIFE

Despite our best intentions, many of us slouch. We hunch over our computer at work and, once home, curl up in front of the TV. Jane Cole of the Women's Health Division of the Canadian Physiotherapy Association warns that we're storing up trouble for the future. "As our lifestyles become more sedentary, our bodies are pulled out of alignment, which can lead to muscle weakness and joint stiffness, often causing pain, particularly in the low back and neck." For flawless posture, try the ShouldersBack vest-like support (US\$49.95, [www.shouldersback.net](http://www.shouldersback.net)) or train with UdefineU's Posture and Poise DVD (from set, US\$100, [www.undefineu.com](http://www.undefineu.com)).



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