

FALL





RADICAL RITUALS

AT CAP BEAUTY WE LIVE BY THE MOTTO THAT BEAUTY IS WELLNESS.

And Wellness is Beauty. This applies to all aspects of our lives. From the books we read, to the foods we eat, to the homes we make, the friendships we nurture, and the thoughts we play on repeat, beauty is all around. It stems from every choice we make. Embracing a life of conscious decisions, of true self-care and thoughtfulness, connects you to beauty in a deep and meaningful way, one that transcends the physical. When we connect, we radiate. This is High Vibrational Beauty.

When we conceived of CAP Beauty, we envisioned a space to share this new beauty paradigm, a clubhouse where wellness rules and everyone's invited. Hailing from the worlds of style, design and magazines, we never considered ourselves beauty insiders. And to this day, we focus as much on the lifestyle of natural beauty as we do on the products themselves. Don't get us wrong; we love an exquisite hydrosol, a powerful serum and a perfect lipstick. But without ritual and true self-care, a great product can only go so far. Step inside our world where beauty meets beauty.

Our comprehensive approach engages all of our senses. You might be surprised to see so many recipes in a book about beauty. But for us, what we put in our bodies is as central to our beauty as what we put on our bodies. And conversely, the products we use topically contribute to our inner health. This 360° approach means we consider our food choices as much as our skin care. We have a longstanding love for

SLEEP TIGHT TONIC

Set the stage for a good night's sleep with the magic of of adaptogenic herbs. Ashwaganda may be India's favorite cure-all but it also does wonders for the stressors of the Western world. Our favorite evening tonics always include this powerfully calming, anti-inflammatory and stress modulating root. The addition of a healthy fat from Coconut Butter helps to slow down its release for a goodnight, sleep tight adieu to the day.

*½ teaspoon
ashwaganda root
powder*

*½ teaspoon
ground cinnamon*

*½ teaspoon
ground
cardamom*

*Big spoonful
coconut butter*

*Big spoonful
tocoferols*

*Splash of nut,
seed, or coconut
milk*

*1 teaspoon of
lacuna or raw
honey, optional*

*½ teaspoon of
vanilla bean
powder, optional*

*Sprinkle of
nutmeg*

Place all ingredients except for nutmeg in a small spouted mixing bowl or pitcher. Add 6 ounces of hot water but not boiling water and whisk or blend with an Aerolatte. You can also do this in a high speed blender. Pour into your favorite mug and add a pinch of nutmeg.

SERVES 2.





CRYSTALS FOR BALANCE

These are the stones we keep on hand to balance energies, physically and spiritually. Some will also help to release old patterns and encourage the new growth of spring.

TURQUOISE: This native beauty acts as a buffer and a guide.

CHRYSOCOLLA: This green stone encourages true expression.

CHRYSOPRASE: The stone of Libra, the Zodiac master of balance, brings fortune and fertility.

SODALITE: This deep blue stone rules communication and logic.

EMERALD: Brilliant and green, emeralds are the stone of love and domestic bliss.

JADE: Receive luck and blessings from this dream stone.

MOONSTONE: This powerful mistress enhances the feminine divine.

MALACHITE: This master of business encourages success and lends its hand in balancing relationships.

THE OBJECTS OF RITUAL: Make it a practice to surround yourself with beauty. Some of the rituals in this book require special tools, but all of the rituals in this book ask you to choose lovingly. Take your teas and tonics from your favorite mug. Plate your food as if you're a guest in your own home. Find a special dish for burning incense. Whatever your budget allows, design your life to reflect what is truly important to you. Love where you live and love what surrounds you. Love begets love.