

Present Day

Show mom some love with these indulgent but healthy gifts



BEST MOTHER'S DAY GIFTS

She's cleaned

up countless messes, soothed bruised knees and egos, and turned multi-tasking into an art form. Mom has more than earned her designated day in the spotlight. Why not indulge her with a gift that not only shows your good taste, but also makes good health sense?

In their quest for the perfect Mother's Day gifts, our panel of experts—all of them also proud moms—feasted on rich dark chocolate, pampered themselves with pedicures, renewed their skin (and their senses) with fragrant body scrubs, relaxed over cup after cup of soothing herbal tea, and tracked their workouts with fitness gadgets.

Keri Glassman, MS, RD, CDN; **Amy E. Goodman,** beauty and fashion writer/editor and contributor to NBC's *Today* show; and **Carolyn O'Neil, MS, RD,** share their top picks. Their criteria: gift-worthiness, health factor, aesthetic appeal, price, and overall experience. Read on for the winning indulgences mom is sure to adore.



EXPERT TIP

Nail Polish No-No's

Many companies are phasing questionable chemicals out of their products, but not all brands are vigilant. Check the labels for:

Dibutyl phthalate (DBP) Reproductive problems observed in lab animals; extended exposure to high concentrations might affect human reproduction.

Toluene Overexposure could cause eye irritation, dizziness, and headaches.

Formaldehyde Some people get allergic reactions.

Camphor Overexposure could cause irritation to the eyes, skin, nose, and mouth as well as muscle problems.

Ethyl acetate Overexposure might cause skin irritation and confusion.

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BEST MOTHER'S DAY GIFTS

EAT

BEST DARK CHOCOLATE

"This chocolate is absolute madness," Goodman gushed about **Theo Jane Goodall 70% Organic Dark Chocolate bar (\$4)**. With its "perfectly sweet, cocoa-y finish that blends bitterness and creaminess in one bite, Theo is the consummate dark chocolate experience," she says. And no wonder dark chocolate makes her heart beat a little faster: Each rich bite packs antioxidants called flavonoids, which research shows helps keep the blood vessels pumping. By giving mom one of these certified organic, fair-trade bars, you'll satisfy her chocolate craving, help her heart, and protect the planet. "You are doing good for your body and good for the earth," Glassman says.



sugar scrub is a treat solely for the skin. While the scent energizes and the grains invigorate, sunflower oil leaves the skin feeling softer and suppler. "Its medium grain lathers to perfection and exfoliates without drying the skin," Goodman raves.

RELAX

BEST TEA

You've probably heard that green and black teas are packed with antioxidants that help protect against cancer and heart disease, so why not help mom drink to her health? **Teavana's Tea Lovers Tea Gift Collection (\$59.99)**, featuring a selection of four premium loose-leaf teas, each in a reusable origami tin, can transform any mom from a tea-bag dunker into an ardent brew-it-yourselfer. Tea lovers and novices will appreciate this boxed set, which, O'Neil says, is perfect for "moms who want to learn something new and add a nurturing spalike regimen to their days and nights." Glassman adds, "Tea is supposed to be about not only the antioxidants, but the experience—and this set has it all."



PAMPER

BEST NAIL POLISH

Make a toast to mom's nails—and her health—with **Nailtini (\$12)** polish, which steers clear of such questionable nail polish additives as dibutyl phthalate (DBP), toluene, and formaldehyde. This fun line of lacquers, inspired by cocktails, "makes you want to invite your fellow mom friends over for manicures and martinis," Glassman says. Find the perfect color for mom with the 'tini bar of polish "flavors," which are meant to be layered to create a custom shade.



RENEW

BEST BODY SCRUB

As heavenly as the name suggests, **Bliss Blood Orange + White Pepper Sugar Scrub (\$36)** lets mom escape for a spa getaway right at home. "Bliss just screams, 'Mom, go enjoy some time to yourself,'" Glassman says. The sweet and spicy blend of orange and pepper makes it seem almost edible, but this



GO

BEST Pedometer

Research shows that using a pedometer can help boost physical activity, shed pounds, and lower blood pressure. The **Timex Ironman Wireless Fitness Tracker (\$89.95)** can do that—and more. This two-piece set (watch and transmitter) will track mom's steps, distance walked, and calories burned, but first it will calibrate her rate and speed so her reads are always accurate. "I like that you check the watch for a readout," Glassman says. If mom isn't a gadget guru, O'Neil suggests programming the device for her. Otherwise, "She might get overwhelmed and could be tempted to leave it in the box."—*Stephanie Watson*



Meet Our Savvy Supermoms



WELLNESS EXPERT

Keri Glassman, MS, RD, CDN
Nutritionist and president,
Keri Glassman, A Nutritious Life



DIETITIAN

Carolyn O'Neil, MS, RD
Co-author of *The Dish on Eating Healthy and Being Fabulous*



LIFESTYLE MAVEN

Amy E. Goodman
Frequent NBC *Today* show contributor,
and beauty director, Beauty 360 stores

Which other healthy mom gifts won honorable mentions? Go to www.WebMD.com to find out.