



# Skin Deep

By HOLLY J. COLEY

Fashion

**H**ERE'S A RADICAL IDEA: instead of creating the illusion of youthful and healthy skin, consider creating the real McCoy. Yes, it is possible, and it doesn't require needles or chemical peels. All it takes is a visit to Cold Spring Apothecary, a place where beauty and health go hand in hand.

Stacey Dugliss-Wesselman, apothecary and founder, learned early that for every facial mask by St. Ives there was a natural alternative that could be found in her kitchen. But it wasn't until she was working as a hair stylist in Brooklyn that she came to understand plants could be used to treat a number of skin and hair issues.

"I had basically developed an allergy to everything in cosmetics," she explains when we meet on a rainy Tuesday morning. Her research and experiments led her to crafting her own remedies. While she speaks I study her face. I've been reading about the powers of essential oils for months, but I remain skeptical until I see her. The word *luminous* drifts through my mind. "Are you wearing any BB cream?" I ask. She isn't.

The secret to Stacey's radiance isn't a secret if you know the art of herbalism. Apothecaries have been around for centuries, utilizing herbs, essential oils and minerals to ease a variety of ailments and enhance one's quality of life. For those of us who have found ourselves having negative reactions to the chemicals in our products (or are just skeeved-out by the questionable practices of the industry), Stacey's method of going back to the

"roots" of beauty and health has an innate appeal.

After her concoctions won rave reviews from her clients, Stacey made the leap to going into business for herself. Cold Spring Apothecary, located on 75 Main Street in Cold Spring, NY, opened its doors in 2011. It offers a plethora of products for skin, body, hair and home, all created with high-quality botanicals and herbs. Every item is handmade and designed to pamper the user while providing medicinal benefits.



"There's no reason you can't have luxury items that aren't conscious," Stacey explains as we go through her green inventory. The neem in the Turmeric & Neem Body Scrub (\$20) is anti-inflammatory and unclogs pores. The aloe in the Rosewater Toner (\$15) eases acne. The Citrus Ginger Sea Salt Spray (\$23) uses Dead Sea salt to build volume while jojoba and coconut oils keep hair soft.

The store also offers facials and skin analysis. Customers can get personal recommendations and products made specifically for their individual needs. For Stacey, educating her customers about ingredients is just as important as the products themselves. Her recently published book *The Home Apothecary* (Quarry Books, 2013) is filled with recipes and serves as a how-to guide on identifying harmful yet common chemicals and finding healthier alternatives. "Nature provides us with the answers to a lot of our skin problems," she says.

You can visit Cold Spring Apothecary Wednesday through Monday or shop online at [www.coldspringapothecary.com](http://www.coldspringapothecary.com). ■