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This Month's Natural Beauty Tip To fight a fungal infection in your nails try therapeutic grade Cassia oil. Cassia oil is extracted from *Cinnamomum aromaticum* and is otherwise known as cinnamon. Because of its "warming" properties you will want to dilute it with a carrier oil. Almond oil is a great one. Mix a drop of cassia to two drops of your carrier oil. Dip a cotton ball in the mixture and bind it on the affected nail(s) with a strip of latex free/hypoallergenic co-adhesive tape that sticks to itself...not you. Try Johnson and Johnson's Hurt Free Tape. Daily trim away any loose skin or nail and reapply.

Comfortable and Suitable AND "In Style"

I love a quote by Zoran - a well-respected clothing designer. He said, "Our brains need comfort. When we irritate them, they cannot think".

That statement is one of the most simplistic yet profound statements ever made regarding fashion. As women, we can ALL identify with days when we have worn something that has a label that pokes and rubs at our skin. Or maybe it's a new bra and the fastener is very stiff and uncomfortable. Or how about this one? The bottom of the zipper on a pair of slacks has a piece of it that sticks out and into you! How productive were you on those days? I know I am not nearly as productive as I usually am. Why, just a couple of weeks ago I bought a new bra and wore it to work. Under my left arm where the underwire ended, the wire was not properly cushioned and it kept poking me. I finally folded up a piece of kleenex and put it between me and the bra, but not before I had lost valuable time fidgeting and fuming!

Now think of garments that are adorable, yet uncomfortable. Do you really think they are not going to affect your attitude, productivity and creativity? Or shoes...oh yes, I am definitely pointing the finger at myself on this one! I absolutely love shoes and, although I am getting much better as I grow older, I still make

a bad choice at times with shoe purchases. Cute or stylish vs. functional and comfortable. ...Hmmm, that is a struggle at times for each of us. There are, of course, shoes that are both great looking and comfortable. But you generally have to hunt a bit longer for them.

So, how do we balance our wardrobes to make them comfortable, suitable to our lifestyle AND stylish?

First, the clothing we wear regularly should be made of natural fibers that "breathe" and therefore allow our skin to breathe. (Notice I said the clothing we wear regularly. Special occasion clothing does not follow this criteria. Thankfully, we do not "live" in these clothes!) Cotton and cotton blends are the best fabrics overall because they breathe, yet hold their shape well. Cotton blends do not wrinkle easily and are easy to care for. Linen, silk, wool and wool blends are other natural fibers. For sake of space I will not go into the characteristics of these fabrics, suffice to say they each have their pros and cons. Shoe made of leather or cloth, such as canvas, silk, linen, etc. will keep your feet cooler and less prone to fungal infections on your skin or nails. Additionally, cotton underwear and socks are good choices.

The definition of comfort will differ from one woman to the next...because lifestyle determines the level of comfort one's clothes needs to have.

If you sit most of the day your choice of comfortable clothing will be much different than a preschool teacher. However, quality fabrics and composition are very important whether you need to be at a corporate business meeting or you are kneeling on the floor helping children create crafts. Other aspects to consider are a garment's care instructions and whether to choose prints or solids. Obviously, prints will hide "boo-boo's" better than solids. That characteristic makes patterned clothing wonderful choices for women who are breast feeding - or if you have a colostomy or urostomy bag. Be cautious not to equate comfort with sloppy or underdressed. It is important to always look your best. Make certain you dress appropriately. Women who thrive on comfort tend to dread dressing up. Show respect for yourself and others by dressing appropriately for whatever the occasion may be.

YOU (refer to last month's article)
+ comfort
+ classic staples in your closet
+ a few pieces from the season's trends
=in style

In other words, your style is unique to you. Use the staple pieces in your wardrobe to build around. Add great blouses, tops, belts, jewelry and shoes that reflect the current season's trends. Next month will be a practical study of "in style" vs. "style".