

OCTOBER 2012 • Free
What Every Parent's Talking About

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Cute Kid Winner
Jordyn Curet

THE HALLOWEEN ISSUE

Camp Spooky
A Behind the Screams Look

Tips & Treats
For a Healthy Halloween

4 Friendly Frights
For Little Boos and Ghouls

Plus: The Experts on
Scary Thoughts, Sweet-
Tooth Science and
Trick-or-Treating Safety

SPECIAL SECTIONS: PRESCHOOL, AFTER-SCHOOL ACTIVITIES AND PARTIES

Pumpkin Latte Hydration Facial

This Urban Bliss Day Spa facial favorite is meant to hydrate and enrich the skin for a brighter and smoother look. Starting off with a cleanse, exfoliation and light pumpkin and yam enzyme peel, the face is a clear and ready to be hydrated with the moisturizing mask which features organic pumpkin puree, sunflower oil, avocado oil orange and pineapple pulp. High in antioxidants, vitamins A, C and E, this is a facial that will leave any face feeling refreshed.

Urban Bliss Spa | 30 Center Pointe Dr. La Palma | 562-916-0127 | www.urbanblissdayspa.com

DIY Pumpkin Facial Mask

Ingredients

- 2 cups pureed, cooked fresh or canned pumpkin
- 4 tablespoons of unflavored yogurt
- 4 tablespoons of honey
- 1/3 cup Ground almonds
- 1/4 teaspoon Olive Oil

Directions

Mix ingredients into a bowl, apply to clean, moist skin, remove with a washcloth. The mix is to be used within one week.

Organic Pumpkin Oatmeal Body Scrub

For the fall season, Stress Busters Lifestyle Day Spa is offering a pumpkin and oatmeal scrub. The enzymes in the organic pumpkin pulp, rich in alpha-hydroxy acids, are combined with natural oatmeal to cleanse and exfoliate the skin. These nourishing ingredients contain the antioxidants beta-carotene, vitamins A and C and give anti-inflammatory benefits including natural UV protectors. The combination of pumpkin and oatmeal in the exfoliating scrub reveals the healthy radiant skin underneath. Following a warm shower rinse, a therapist will complete the treatment with the Epicuren extra-moisturizing "Orange Blossom" hydrating massage.

Stress Busters Lifestyle Day Spa | 26548 Moulton Parkway, Laguna Hills | 949-831-1988 | www.stressbustersspa.com

DIY Pumpkin Body Scrub

Ingredients

- 1/4 cup cooked pureed pumpkin
- 1/4 cup of brown sugar

Directions:

1. Mix ingredients together
2. Apply mixture to body using a damp cloth
3. Scrub body using circular motions
4. Wash off with warm water

Arcona Organic Pumpkin Peel

The Pumpkin Peel at Spa Gregories is a mild fruit-based enzyme peel that includes salicylic, pumpkin, papaya and pineapple enzymes. These work with the chemical bonds of the skins surface to reduce cell adhesion, almost like Pac Man, digesting the cellular glue that binds the dead skin cells together. Once released, this can leave the skin feeling smoother and appearing fresher in appearance and helps stimulate collagen. Great for reducing fine lines and wrinkles, the peel is rich in Vitamin A.

Spa Gregories | Newport Beach, Rancho Santa Margarita, Del mar | www.SpaGregories.com

DIY Pumpkin Body Moisturizer

Ingredients:

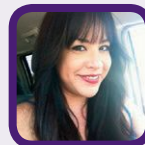
- 1/2 cup canned pumpkin
- 1/2 cup coconut oil
- 1/2 teaspoon cinnamon

Directions:

1. Mix all ingredients together until the consistency is smooth
2. Apply the mixture as you would lotion
3. Leave on for about 10 to 15 minutes
4. Rinse with warm water
5. Keep any leftovers in the fridge. The mixture should be used in about two weeks.

woman2woman

How do you ensure your kids stay healthy during Halloween?



Liz Walters

-Long Beach

"Instead of candy, we pass out pretzels, pencils, erasers and small toys. We also make pumpkin bread and caramel apples. These healthy alternatives allow the kids to participate in making the treats — which they love!"



Kim Olsen,

-Mission Viejo

"Parents, Give your kids one Ziploc baggie of candy to keep. Have the kids separate the rest in piles, small, medium and large pieces: .10, .20 and .30. Buy it back from them. Teaches math, savings and keeps the candy away!"



Lisa Papple

-Yorba Linda

"Make sure not to give your kids free reign over their candy. Instead, you allow them a certain amount of candy each day or during the week, and then you can alternate candy with healthier snacks."



Lorraine McCullough

-Ladera Ranch

"I buy candy and have it ready from when we return from trick-or-treating, and I replace the collected candy with what I purchased. For breakfast, I make homemade oatmeal, add lots of raisins and we call it Brains for Breakfast!"

JOIN THE FORUM!

Next Month's Question:

"WHAT'S YOUR GO-TO LOOK FOR HOLIDAY PARTIES?"

We want to know what's on your mind!
Send responses to:

editor@parentingOC.com
[Facebook.com/ParentingOCmag.com](https://www.facebook.com/ParentingOCmag.com)
Also make sure to visit ParentingOC.com

Submission Deadline:
Monday, October 15, 2012

**All submissions grant permission of use and may be edited for clarity and space.*