

## *gentle nutmeg*

“Nutmeg calms inflamed skin,” says Anil Gandhi, founder of Roop Ayurvedic Center & Day Spa in Hoboken, N.J. It also fights oil produced by the sebaceous glands, making it a good cleanser.

**Try: TACT BEAUTY CARE GINGER & SPICES SHOWER GEL** (\$10; [tactbeautycare.com](http://tactbeautycare.com)); **A GOOD NIGHT KISS NEW YORK CITY CHAI HYDROTHERAPY TUB TEA** (\$28; [agoodnightkiss.com](http://agoodnightkiss.com)) 