# Feed your face YOU NOURISH YOURSELF WITH

NATURAL INGREDIENTS DO THE SAME FOR YOUR

manufactured ingredients," says Manhattan complement useful lab produced chemicals that have no natural equivalent.

### Avocado oil

Bene ts found in

Jack Black True Volume Revitalizing Conditioner

#### Specialty

Dry hair and skin Some conditioners soak the scalp with moisture but trap dead cells in the process, swapping one problem for another. "Avocado oil is a healthy alternative," says Sharon McEntee, a clinical aesthetician in Boston. "It acts as an emollient, so it hydrates by

lling in only the crags between cells instead of coating the entire surface, making hair and skin feel smoother." \$18, getjackblack.com

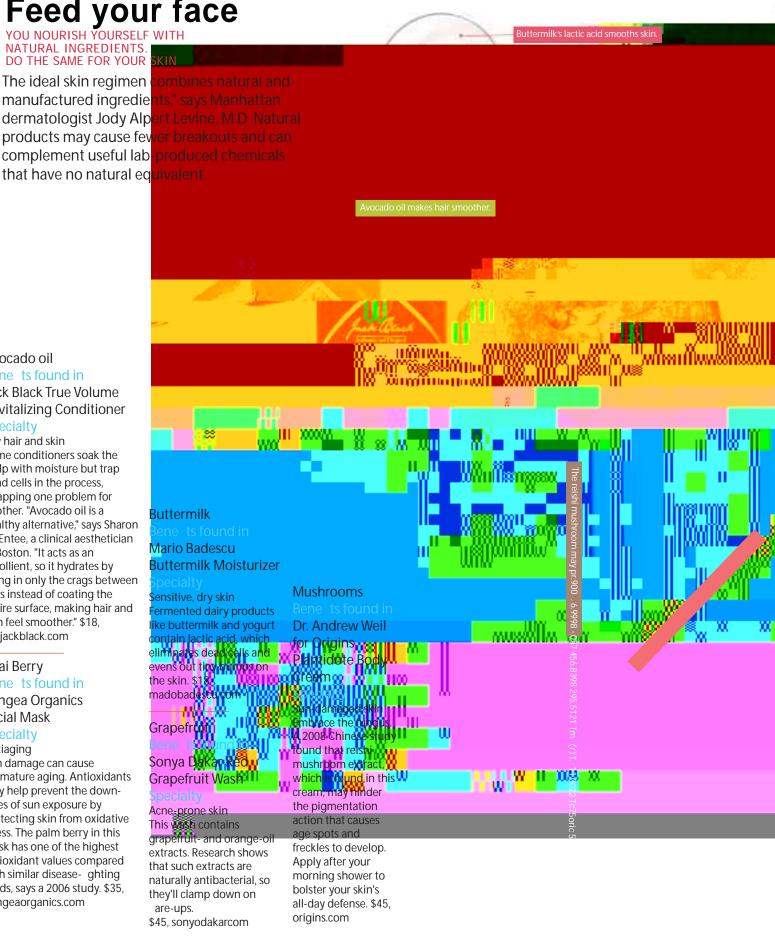
## Acai Berry

Bene ts found in

Pangea Organics Facial Mask

#### Specialty

Antiaging Sun damage can cause premature aging. Antioxidants may help prevent the downsides of sun exposure by protecting skin from oxidative stress. The palm berry in this mask has one of the highest antioxidant values compared with similar disease- ghting foods, says a 2006 study. \$35, pangeaorganics.com



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