

## Feed your face

YOU NOURISH YOURSELF WITH NATURAL INGREDIENTS. DO THE SAME FOR YOUR SKIN

The ideal skin regimen combines natural and manufactured ingredients," says Manhattan dermatologist Jody Alpert Levine, M.D. Natural products may cause fewer breakouts and can complement useful lab-produced chemicals that have no natural equivalent.

Buttermilk's lactic acid smooths skin.

Avocado oil makes hair smoother.

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

**Acai Berry**  
Benefits 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-fighting foods, says a 2006 study. \$35, pangeaorganics.com

**Buttermilk**  
Benefits found in  
Mario Badescu  
Buttermilk Moisturizer  
Specialty

Sensitive, dry skin  
Fermented dairy products like buttermilk and yogurt contain lactic acid, which eliminates dead cells and evens out tiny bumps on the skin. \$18, madobadescu.com

**Grapefruit**  
Benefits found in  
Sonya Dakar Red  
Grapefruit Wash  
Specialty

Acne-prone skin  
This wash contains grapefruit- and orange-oil extracts. Research shows that such extracts are naturally antibacterial, so they'll clamp down on break-ups. \$45, sonyodakar.com

**Mushrooms**  
Benefits found in  
Dr. Andrew Weil  
for Origins  
Plantidote Body  
Cream  
Specialty

Sun-damaged skin  
Embrace the fungus. A 2008 Chinese study found that reishi mushroom extract, which is found in this cream, may hinder the pigmentation action that causes age spots and freckles to develop. Apply after your morning shower to bolster your skin's all-day defense. \$45, origins.com

The reishi mushroom may p. 900 • 69998 • 017 456 8398 295 51 21 Trn (C) T. 11/2002 Tel: 501c-5