

15 Delicious Foods That Fight Fat P.144

**Avatar
Star**

Zoë Saldana
on Letting
Your Most
Authentic
You Shine
Through

YOU
AT YOUR
BEST

SELF

Get Flat Abs And Shed 9 Pounds

Free!
18,000+
Goodies
Inside

Rev Your Body's Natural
Calorie-Burning Ability

READER-TESTED!

The Best New Beauty Buys

Starting at Only \$2

10 Symptoms Your Doctor Wants You to Take Seriously

HAVE IT YOUR WAY (In Bed)

Great Sex, Tonight and Every Night!

Inner-You Special

Stress Less, Enjoy Life More

12 Ideas to Banish the Blahs and Feel Happier!


MAY 2010
\$3.99 US \$4.99 FOR



0 754924 1

0 754924 1

a clear complexion with citrus

Ingredients	Beauty benefits	Instructions	Buy instead of DIY
<p>1 tbsp citrus juice</p> <p>+</p> <p>1 tbsp baking soda</p>	<p>Citrus fruit (lemon, grapefruit, orange) "is composed of alpha hydroxy acids that exfoliate and brighten skin and help keep pores clean," says Jeannette Graf, M.D., assistant clinical professor of dermatology at Mount Sinai Hospital in New York City.</p> <p>This household multitasker's mildly acidic nature gently sloughs away dead skin cells in minutes, helping to prevent blackheads, says Vermén M. Veralio-Rowell, M.D., founder of VMV Hypoallergenics skin care in Manila, Philippines.</p>	<p>Combine citrus juice with baking soda and watch it fizz, says Kayla Fioravanti, chief cosmetic formulator for Essential Wholesale Labs, a skin-care company in Clackamas, Oregon. Stir until bubbling lessens, apply, leave on for 20 minutes, rinse.</p>	<p>GENTLE PEEL High in vitamin C, Jurlique Exfoliator, \$45, evens tone and accelerates skin turnover.</p> <p>DAILY CLARIFIER Vitamin C in Grassroots Research Labs Vitamin C Brightening Serum, \$33, encourages radiance.</p> <p>SKIN REFINER Ground oats and almonds in Burt's Bees Citrus Facial Scrub, \$8, buff; citrus oils clarify.</p> 
<p>TESTER TIP This mask tingles, especially on sensitive areas like the nose and lip line, but hang in there—the sensation subsides after about five minutes. The mask dries taut and flakes if you talk. Enjoy some quiet time!</p>			

smooth skin with salt

Ingredients	Beauty benefits	Instructions	Buy instead of DIY
<p>1 cup fine sea salt</p> <p>+</p> <p>½ cup extra-virgin olive oil</p> <p>+</p> <p>2 sprigs rosemary</p>	<p>Sea salt's graininess makes it an optimal body exfoliant, and its high mineral content mimics that of your skin—magnesium, zinc and calcium are trace elements that are essential to maintain healthy, hydrated skin.</p> <p>Olive oil has humectants that draw moisture into skin and hydrators—omega-3 and -6 fatty acids—that leave skin supple, not greasy, Dr. Graf says. Plus, it's made up of tiny molecules, so the skin can easily absorb it.</p> <p>Because it's an anti-inflammatory, rosemary quickly soothes skin—crucial when you're scrubbing away skin's top layer. Also, many studies show the herb contains powerful skin-protecting antioxidants.</p>	<p>Chop up rosemary leaves, then stir all ingredients together. Standing in the shower, massage mixture into wet skin using upward circular motions, starting from your feet, to help rev blood flow, says Margo Marrone, cofounder of The Organic Pharmacy in London.</p>	<p>BACNE BANISHER Deflake and nix breakouts with Clarisea Sea Salt Solutions Salt Scrub, \$26, which includes seaweed extract.</p> <p>GENTLE BUFFER Fatty acids and avocado oil make Carol's Daughter Groove Sea Salt Scrub, \$28, ideal for sensitive skin.</p> <p>SWEET SMELLING Invigorating rosemary and eucalyptus in Bliss Hot Salt Scrub, \$36, stimulate your mood and senses.</p> 
<p>TESTER TIP This recipe makes two applications. (Store leftovers in your shower in a closed container for up to two months.) A note of caution: Oil is slippery. For traction, stand on a small towel in the tub or shower; afterward, wipe surfaces clean.</p>			

a dewy glow with honey

Ingredients	Beauty benefits	Instructions	Buy instead of DIY
<p>1 tsp raw honey</p> <p>+</p> <p>1 tsp aloe vera juice</p>	<p>Raw honey grabs onto water, creating a watertight film that locks in moisture, so skin looks healthy and youthful. It also fights breakouts; one of the sugars it's made of, glucose, heightens skin's natural bacteria-busting power.</p> <p>Aloe is a proven healer that contains nearly 75 healthy-skin nutrients, allowing it to treat cuts, sunburn and even zits, Dr. Graf says. Because of the plant's humectant properties, its potent hydrators deliver moisture deep down to every layer of skin.</p>	<p>Combine raw honey and aloe; stir until completely blended. Use a clean, large makeup brush to paint on the mixture (it's sticky!), wait 15 minutes and rinse, advises Josh Rosebrook, creator of the Josh Rosebrook organic skin-care line in Los Angeles.</p>	<p>MEGAMOISTURIZER Created with honey as well as shea butter and licorice, Nude Intense Moisture Mask, \$60, will soothe even the driest complexions.</p> <p>SHOWER ESSENTIAL Get hydrated skin every time you wash with aloe and honey in Lush Honey I Washed the Kids Soap, \$9.</p> <p>SHIELD SKIN Laced with antioxidant-rich Greek thyme honey, Korres Thyme Honey Mask, \$35, softens and protects skin.</p> 
<p>TESTER TIP Aloe feels cold even at room temperature, so this mask is deliciously cool. (Try it after a sweaty workout.) And because raw honey is very thick, you can even vacuum with the mask on and it won't drip!</p>			