

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.

The reishi mushroom may prevent freckles.

Grapefruit's oil extract fights bacteria on skin.

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 flare-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