

COMFORT FOOD
MAKEOVERS

the **FOOD ISSUE**

EAT, DRINK—
& STILL SHRINK!

PLUS Shockingly
Chic Gym Bags



5 MOVES, 15 MINUTES

**NO GUT,
TIGHT
BUTT!**

**BOOZE
& YOUR
BOOBS**

BREAST CANCER
NEWS YOU NEED **NOW**

'I HAVE
CLOTHES
IN SIZES
4 TO 14'
—Padma
Lakshmi

**All
About
the
'Miracle
Diet'
Stars
Swear By**

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**WIN AT
THE GYM**

Conquer Dance Cardio
& Weights—Like a Boss

*Padma
Gets Real!*

GRAPEFRUIT
Peach Slices Citrus-Honey Aqua Glow (\$12; cvs.com)
 Revive dull, splotchy skin with this moisturizing serum.



CHIA SEED
Found Chia Seed Face Oil (\$12; at Walmart)
 Full of fatty acids, chia seed oil is nourishing and strengthens the skin barrier.



BLUEBERRY
Glow Recipe Blueberry Bounce Gentle Cleanser (\$34; sephora.com)
 This gel-to-foam cleanser is hydrating, removes makeup, and delivers antioxidants from blueberries.



APPLE
Tatcha Violet-C Radiance Mask (\$68; sephora.com)
 Packs alpha hydroxy acids from apples and other fruits. Rinse after 15 minutes to reveal a brighter complexion.



CARROT
Shiseido Waso Clear Mega-Hydrating Cream (\$38; shiseido.com)
 Think of this transparent cream as a filter for your skin—carrot cells zap dryness.



APRICOT
Planted in Beauty Depuff + Illuminate Eye Firming Complex (\$175; wellwithina beauty.com)
 This potent eye cream uses apricot oil to smooth fine lines and brighten dark circles.



SCAN TO SHOP!
 SCAN THE BLUEBERRY CLEANSER TO BUY THE ITEMS ON THIS PAGE (SEE PAGE 6), OR VISIT HEALTH.COM/SHOP-NOW.

Our fave superfoods for your face

For clearer, smoother skin, take a cue from your grocery list. *By* LISA DeSANTIS