

5 MYTHS ABOUT WRINKLES

May 2019

Prevention

WEIGHT LOSS THAT LASTS

Easy Meals & New Advice

HEALTH
SCREENINGS
YOU CAN'T
MISS

EAT TOMATOES
TO SLIM DOWN!

Natural
Remedies

HEADACHES
ANXIETY
BAD BREATH

Do You Really
Need That
Prescription?

The Habit That
Makes You Happier

BEAUTY INGREDIENT: ROSE

REVIVE YOUR SKIN



The favorite spring flower is blooming in skincare products, thanks to its anti-inflammatory and nourishing properties. Rich in vitamins and minerals, “rose-derived ingredients help restore and rebalance damaged skin without causing irritation,” explains aesthetician Tammy Fender, whose namesake skincare brand focuses on botanicals. “Rose oil helps protect the complexion, while rose water can be used to cleanse and soothe,” she says. Another form, rosehip oil (from the fruit of the rose plant), dates back centuries; Egyptians, Mayans, and Native Americans used it for its healing powers. “It’s packed with vitamin C and essential fatty acids, so it can improve skin tone and also give skin a refreshed look,” says dermatologist Shari Marchbein, M.D. Consider rose your complexion’s new best “bud”!