

Experts Reveal THE NEW INGREDIENT YOU HAVE TO TRY

Detox Debate IS THE LATEST DIET TREND SAFE?

NEWBEAUTY

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THE BEAUTY AUTHORITY

LOSE
30
POUNDS FAST!

THE
BEST
WAY TO
GET THICK
SHINY
HAIR &

Khloé
BETTER THAN EVER!
HOW SHE DID IT,
WHY IT WAS EASY
AND WHAT'S NEXT

LOOK
sexy
NOW!

PRODUCTS
of the
FUTURE
ARE HERE

fast ways to
Make Over
your look



DISPLAY UNTIL MARCH 28

ARE PLANTS AS EFFECTIVE AS WHAT'S MADE IN A LAB?

It's undeniable that plants are effective, and in some cases, they're more effective than what's made in a lab. Eagen, MN, dermatologist Charles Crutchfield III, MD, says many times, plants provide better treatment than synthetics. "It's not necessarily the origin of an ingredient, but the concentration and purity of it that makes it work better," he adds. Fender says that when modern extraction methods are used on plants, a high nutrient content is obtained. "There are three ways to extract: cold-pressing, steam distillation and a process that uses gas to break the plant down," she explains.

6. INSTEAD OF L-ASCORBIC ACID, PICK *baobab*

the ultimate dose of vitamins

What it does: Rich in antioxidants, Fender says baobab delivers a mega dose of vitamins, especially vitamin C, to the skin.

Find it in: Packed in a pink, mineral-rich clay base, a thick layer of **Tammy Fender Restorative Radiance Masque** encourages skin to repair, regenerate and rejuvenate its tired, dehydrated cells, and you really feel it working. **\$235, tammyfender.com**

7. INSTEAD OF HYDROCORTISONE, PICK *chamomile*

the superirritated skin healer

What it does: Ultracalming and healing antioxidant-rich chamomile protects skin from environmental damage and can help with under-eye problems, too.

Find it in: Like a dose of relief for irritated skin, **Cover FX Custom Infusion Drops E+ Chamomile** contains vitamin E and chamomile to balance out and calm your skin. Simply add a few drops to your favorite skin-care products for a custom boost of comfort. **\$48, coverfx.com**

>> PURE RADIANCE

Morrisse says naturals deliver anti-aging benefits and enhance skin's radiance. "They create a glow that, in my opinion, synthetics can't deliver."

