

# REAL SIMPLE

| life made easier |

beauty | NATURAL INGREDIENTS



## THE REDNESS REDUCER feverfew

According to new studies, this medicinal herb is one of the best at soothing skin irritation and inflammation. Plus, it actually stops redness before it can show up on your face. To get results, use a feverfew-based moisturizer or cleanser each morning and night.

**FIND IT IN:** Aveeno Ultra-Calming Night Cream, \$14 at drugstores.



## THE SKIN SAVER olive oil

"This oil has been used as a moisturizer since ancient times," says Miami dermatologist Leslie Baumann. What people didn't know back then: It contains skin-nourishing fatty acids and antioxidants and helps heal sunburns fast, as studies have shown.

**FIND IT IN:** Yes to Carrots C Through the Dry Spell Deliciously Rich Body Butter, \$13, walgreens.com.

## super naturals

The best **plant-derived and proven ingredients** for your hair, skin, and more.

MAKING YOUR BEAUTY ROUTINE a little more natural doesn't mean you have to sacrifice real results. In fact, you can have it both ways, thanks to some powerhouse botanicals that have hard science behind them. Found in products at all price points, these substances do everything from protecting hair color to softening skin. Read on to discover some natural beauty wonders.

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## THE HELPFUL HYDRATOR jojoba

The shrub's waxy oil is a great moisturizer. Better yet, jojoba's compounds can also reduce irritation when they're added to products that contain skin-drying alcohol, like hand sanitizers and toners, says Jim Hammer, a cosmetic chemist in Easton, Massachusetts.

**FIND IT IN:** EO Hand Sanitizer Gel, \$5, eoproducts.com.



## THE GENTLE LINE SMOOTHER rose

The oil is emollient and a potent source of antioxidant vitamin C, making it ideal for wrinkle reducers. Research shows it also has a calming effect: Topically applied, rose oil has helped people relax and lowered their blood pressure and breathing rate.

**FIND IT IN:** Pangea Organics Turkish Rose & White Tea Eye Cream, \$55, pangeaorganics.com.