

Reduce, Recycle, Rejoice! How to wrap greener \* Perfect Skin 3 steps to get your glow on

# NATURAL HEALTH

feel good / look good / do good

## All Day

Alicia Silverstone's Diet Makeover  
Lose weight, feel

Here's the secret to scoring perfect, radiant skin — without a trip to the spa.

## good to glow

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### DIY \* BRIGHTENING MASK

"Vitamin C in lime juice helps restore skin's youthful elasticity," says Elizabeth TenHouten, author of 2009's *Cooking Well: Beautiful Skin—Over 75 Antioxidant-Rich Recipes for Glowing Skin*.

#### Ingredients

1 ½ teaspoons flour  
Pinch of turmeric powder  
1 teaspoon olive oil  
1 teaspoon whole milk  
½ teaspoon fresh organic lime juice

#### Directions

Mix ingredients together, apply to clean skin and leave it on for about 15 minutes, then rinse well.

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