

NATURAL HEALTH

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

good to glow

DIY * SOFTENING SCRUB

"Cocoa powder and coffee grounds exfoliate the skin and help improve circulation," says TenHouten. Almond oil is high in vitamin E, which helps skin retain moisture and is a powerful antioxidant.

Ingredients

3 tablespoons almond oil
1 teaspoon coffee grounds
1 teaspoon cocoa powder
1 tablespoon coconut oil or olive oil

Directions

Mix all ingredients together and apply to clean skin in the shower, rubbing in a circular motion. Rinse thoroughly.

DIY * BRIGHTENING MASK

"Vitamin C in lime juice helps restore skin's youthful elasticity," says Elizabeth TenHouten, co-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
¼ teaspoon fresh organic lime juice

Directions

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

* rosy glow

You can easily mimic the results of an indulgent facial with a simple three-step process that removes dead skin with an exfoliator, pulls impurities out of the skin with a mask and replaces essential moisture with a moisturizer rich in antioxidants. "If you don't exfoliate on a regular basis, your skin cannot absorb all the benefits of your moisturizer, rendering it ineffective," says Ochoa. Here's what to use: