

LADIES' HOME

Beat-the-clock cookbook

JOURNAL

MARCH 2002

WARNING:

Your diet
lunch is
making
you fat

see page 106

Spring-clean
your soul

Smile Makeover
20 ways to
brighten up

MAYO CLINIC EXCLUSIVE
The healthy-family handbook

How the smartest
women make the
toughest decisions

"A bra that does *what?*"
Styles that will change your life

The money mistakes you must
NOT make right now

Ray Romano
and TV wife
Patricia Heaton

Raymond at home

The funny little quirks
that drive his real-life wife
absolutely *crazy* and
why she forgives him
(almost) every time

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beauty & fashion
news



MILK

What it can do: Help skin retain water. **How it works:** Milk contains proteins and lipids to keep skin moist. Terrific for combination skin. **Try:** Almay Milk Plus Nourishing Facial Lotion SPF 15 (\$10.95)



GRAPES

What they can do: Provide anti-aging protection by guarding against free radicals. **How it works:** Grapes contain polyphenols, natural antioxidants with anti-aging benefits. **Try:** Lancôme Vinéfit Cool Gel (\$25)



HONEY

What it can do: Soothe and moisturize. **How it works:** Honey is a natural humectant, which makes it the perfect ingredient to help dry patches (honey-based products may be too rich for acne-prone skin). **Try:** Essential Elements Honey Body Polish (\$28; to order, 800-908-4009)

Foodie beauty

Strawberries, olive oil, honey . . . they make up your grocery list and now they're also ingredients in your skin-care routine. By Jessica Goldberg



TANGERINE

What it can do: Exfoliate skin. **How it works:** Products employ citrus ingredients because the acids help leave skin soft. **Try:** The Healing Garden Tangerinetherapy Sunnysideup Body Cleanser (\$6.75)



PAPAYA

What it can do: Dissolve pore-blocking debris. **How it works:** Papaya contains papain, an exfoliant that helps slough dead skin. (Not for those with sensitive skin or a papaya allergy.) **Try:** Bibo Healthy Skincare Girl's Best Friend Papaya Enzyme Age-Defying Complex (\$25; 800-456-9322)

STRAWBERRY

What it can do: Calm redness and banish blotchiness. **How it works:** The antioxidants in strawberries may help even out a splotchy complexion. (Avoid if you're allergic to berries.) **Try:** Fresh Sugar Face Polish (\$55; to order, 800-373-7420)



OLIVE OIL

What it can do: Moisturize skin to a silky, smooth finish. **How it works:** This natural oil is a good moisturizer, but it's best to use products containing olive oil only on arms and legs as they may clog facial pores. **Try:** The Body Shop Olive & Citrus Bath Oil (\$14; 800-263-9746)

Consultants: Dermatologists Debra Luftman, M.D., of Los Angeles; and Rosemarie Ingleton, M.D., of New York City

ALL STILL'S: MARC REBERSON