

TAKE YEARS OFF  
YOUR SKIN: THE  
NEW NATURALS

6 PROVEN WAYS TO  
LOWER YOUR  
CHOLESTEROL

STOP SNEEZING!  
ALLERGY CURES  
THAT REALLY WORK

SPEND WISELY:  
A BUDGET THAT  
FITS YOUR VALUES

WHOLE LIVING

# body + soul

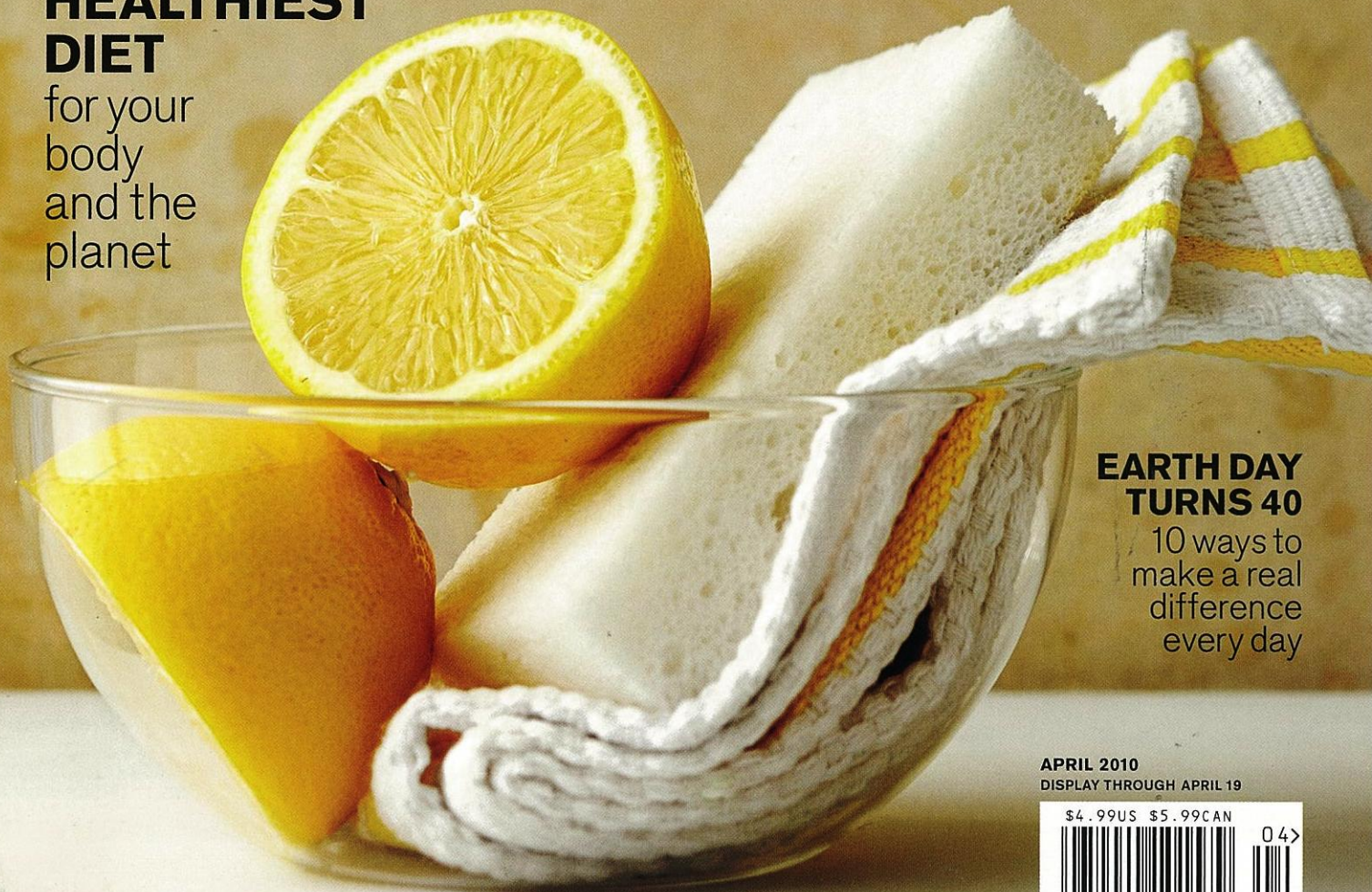
A MARTHA STEWART PUBLICATION

## A Fresh Start!

SPRING CLEANING MADE EASY  
STRESS LESS, LIVE MORE

### THE HEALTHIEST DIET

for your  
body  
and the  
planet



### EARTH DAY TURNS 40

10 ways to  
make a real  
difference  
every day

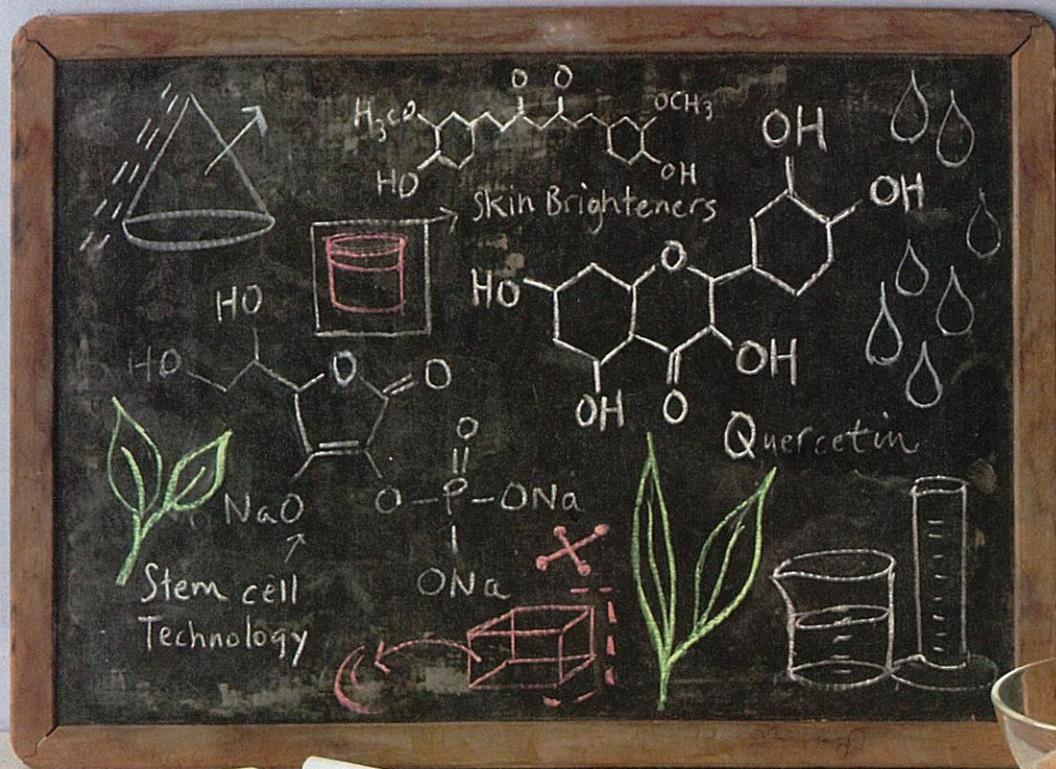
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**GET TECHNICAL**  
The secrets behind some of the most scientifically innovative skin care began with simple plants.



## SUPER NATURALS

The latest botanical skin care is anything but garden-variety.

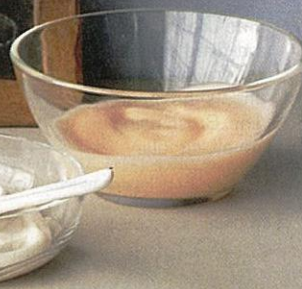
BY MARY ROSE ALMASI

**THOSE WHO'VE WONDERED** whether botanicals really offer the same sock-it-to-me benefits as all those unpronounceable anti-aging ingredients will be gobsmacked by the newest skinnovations. Using high-tech methods such as bioassay, ultrasound, and gas chromatography to separate plant molecules, scientists are able to analyze thousands of compounds and pare them down to key components that can boost firmness or radiance.

Researchers discovered these potent ingredients by doing what any botanist would: observing plants in their natural state. Clinique looked at how a mushroom produces pigment and turns it off as it ages; the results are in its Even Better Clinical Dark Spot Corrector. When Aveda examined cactus extract, it found enzymes that help prevent collagen loss—ingredients now in the brand's Green Science

line. The hunt for cutting-edge naturals doesn't stop with living things. This spring, Aveeno is introducing a treatment with valent minerals. "They've bound copper and zinc so they create an electric charge that triggers collagen and elastin production," explains Leslie Baumann, M.D., a dermatologist in Miami Beach, Florida.

Take a look at the innovators and get ready to experiment.



## whole beauty REPORT



### GROWTH FACTORS

As we age, our skin's repair systems become less robust, which is why skin gets drier and lines and wrinkles more apparent. Growth factors, proteins found naturally in human and plant cells, are believed to stimulate cell turnover and re-boot aging stem cells so they work better for longer. (The number of natural stem cells in skin decreases with age.) "This is technology that stimulates the body's own repair mechanisms," says Mary P. Lupo, M.D., professor of dermatology at Tulane University School of Medicine in New Orleans. Start using one in your thirties or forties, she suggests, when your skin is still chock-full of functioning cells. "A cell is like a car battery," Lupo says. "You can only recharge it if there's still some power left."

**Dr. Brandt Pores No More Anti-Aging Mattifying Lotion** has growth factors from apple stem cells and retinol, \$60; [sephora.com](http://sephora.com). **Lumene Excellent Future Deep Repairing Night Cream** offers apple stem cell extract and antioxidants, \$30; [cvs.com](http://cvs.com). **Chanel Sublimage Essential Regenerating Fluid** contains polyketones, a growth factor from the *Vanilla planifolia* plant, \$295; [chanel.com](http://chanel.com)

### ANTI-AGING COCKTAILS

Multipurpose treatments are ideal one-stop shopping for anyone whose skin has seen too much of, well, everything: sun, air pollution (including tobacco smoke), stress. "They're a good choice for a busy woman who only wants to use one product," Lupo says. Formulas typically offer collagen helpers like peptides, a medley of protective antioxidants, brighteners such as vitamin C, and lipids like nut- or seed-oil extracts to fortify skin's natural barrier function: holding water in and keeping irritants out. Mixes are even more effective now that scientists have a greater understanding of how botanicals work and have developed lab techniques that reveal whether natural ingredients short-circuit each other's active functions.

**Aveeno Ageless Vitality Elasticity Recharging System Day Moisturizer SPF 30** is a two-step product that uses minerals, \$40; [drugstore.com](http://drugstore.com). **Korres Quercetin & Oak Antiwrinkle Night Cream** has an extract from oak tree bark that helps stimulate collagen, \$52; [korresusa.com](http://korresusa.com). **Clarins Multi-Active Skin Renewal Serum** contains antioxidants, collagen boosters, and lipids, \$62; [clarins.com](http://clarins.com)

### MEGA-ANTIOXIDANTS

Antioxidants protect skin cells from damaging sunlight, smog, tobacco smoke, and stress. The primary targets of antioxidants vary (some are better against smoke rather than ultraviolet rays, for instance), so having several types ensures you're well protected. Many antioxidants, however, are multitaskers—like white tea, a key ingredient for Origins. It's been shown in company testing to prevent glycation (cell damage caused by excess sugar), and its phenolic compounds inhibit enzymes that break down collagen and elastin. It's ideal to start applying antioxidants in your twenties. "It's a preventive measure that keeps cells healthy," says dermatologist Leslie Baumann.

**Origins A Perfect World SPF 25 Age Defense Moisturizer with White Tea** includes antioxidants such as maritime pine bark, \$39; [origins.com](http://origins.com). **Kiehl's Açai Damage Repairing Serum** has açai, one of the most potent natural antioxidants, \$48; [kiehls.com](http://kiehls.com). **Aveda Green Science Lifting Serum** includes milk thistle, a powerful antioxidant, and cactus, which inhibits collagen-eroding enzymes, \$50; [aveda.com](http://aveda.com)

### SKIN BRIGHTENERS

Licorice extract and kojic acid have long been used in natural treatments for brown spots or blotches; they block an enzyme that triggers excess melanin production in skin. Modern formulas have more effective, highly concentrated extracts, combined with ingredients that break up and sweep away lingering melanin for faster results (usually within two to four weeks). They also reduce inflammation, which could trigger recurrence.

**Clinique Even Better Clinical Dark Spot Corrector** is a serum with mushroom extract to reduce excess melanin and vitamin C to lighten. Other botanicals turn off faulty pigment cells and exfoliate skin, \$50; [clinique.com](http://clinique.com). **Shiseido White Lucent Intensive Spot Targeting Serum Concentrate** includes vitamin C and extract of yomogi (a plant from Japan) to fight hyperpigmentation, plus hydrating ingredients, including apricot extract, \$125; [sephora.com](http://sephora.com). **St. Ives Naturally Clear Green Tea Scrub** was engineered with green tea, an anti-inflammatory, to prevent redness and irritation, along with silica beads to buff away dull skin and olive leaf extract for a little glow, \$6; [drugstore.com](http://drugstore.com)