

An Apple a Day Can Keep the Dermatologist Away

By Gracie Hunt, Programs Director

SKIN TONING APPLES

Apples are great for rough, dry skin. Some fruits contain malic acid and amylase, an exfoliating enzyme, both of which soften and deep-clean skin without over-drying. Whip up a toner by mixing 1/4 cup no-sugar-added fresh apple juice (fresh pear juice works equally well) and 4 tablespoons witch hazel. Refrigerate in an airtight container, and apply with a cotton ball.

DEEP CLEANSING CARROT MASK

Carrots are a great source of Vitamin A, the "beauty" vitamin which is essential in maintaining healthy skin. This carrot mask helps skin retain moisture. Mix 2 tablespoons each of fresh carrot juice and white clay (sold at natural-food stores or the health-food section of some supermarkets). Then spread the smooth paste on your face; let rest for 15 minutes. Rinse with warm water, followed by a splash of cold.

AVOCADO HAIR MOISTURIZER

An oil-rich blend of one avocado and two tablespoons mayonnaise (or some mashed ripe banana) are a great conditioner for dry frizzy hair. Massage this concoction through clean, dry hair, and don a shower cap. Let sit for 10 to 20 minutes, and then wash out with warm water and a light shampoo.

SKIN CLEANSING STRAWBERRIES

Rich in salicylic acid, these pretty red berries are a great astringent on their own. If you have oily skin, cut a strawberry in half, rub it gently on your face and rinse. If your skin is more sensitive, mash with a fork, apply for a minute or so and rinse.

PINEAPPLE BODY SELTZER

These tropical fruits contain bromelain, which cleanses and freshens the skin. A pineapple body seltzer is great for vacationers with oily skin or acne. Mix 1 cup of fresh pineapple juice (or purée a pineapple in a food processor until smooth) with 2 cups seltzer or sparkling mineral water. Place in a spray bottle and spritz on post-shower.