

# THE LATEST PILATES CLASSES: THEY'RE ANYTHING BUT TRADITIONAL

TEASER BEAUTY

## Power Plants

Plant-based ingredients are a potent force in a new generation of beauty products.

by Nicole Grippo Ruotolo

Superfoods like kale and quinoa have been popping up in the beauty aisle, too. Makes sense! "These nutrients, which include vitamins, carotenoids, sterols and essential fatty acids, can provide important benefits," explains Brian Zelickson, MD, a dermatologist and founder of MD Complete Skincare. "As antioxidants, they help photo-damaged skin and aging; they reduce inflammation that can interfere with proper skin function and prematurely aged skin; they also help regulate new cell production and overall provide excellent moisturization." Here, we've found the most effective plant-based formulas for skin, hair and nails.



### Echinacea

Besides being the ultimate immunity booster and cold fighter, echinacea is rich in cichoric acid, a potent antioxidant that helps firm the skin and give it a more even tone. Warm **FARMACY SLEEP TIGHT FIRMING NIGHT BALM** in your palms, then apply it in an upward motion to the neck and face (\$48 for 1.7 fluid ounces; [www.sephora.com](http://www.sephora.com)).



### Horse Chestnut

This extract from the horse chestnut tree in **APPRIYA MINERAL COMPLEX SERUM** has anti-inflammatory properties that help calm and soothe skin. It also works to eliminate dark under-eye circles, while reducing redness and uneven skin tone. Apply morning and night alone or underneath moisturizer (\$129 for .5 fluid ounces; [www.appriya.com](http://www.appriya.com)).



### Aloe

Most of us have used aloe vera to soothe a sunburn, but it's also great for everyday use. The multi-tasking **PEVONIA DRY OIL BODY MOISTURIZER** works triple duty—as a body moisturizer, cuticle treatment and hair detangler (\$41.50 for 6.8 fluid ounces; [www.pevoniacom.com](http://www.pevoniacom.com)).

### Buriti

When ground and pressed, the buriti—a fruit native to the Amazon that's known as "the tree of life"—produces a golden oil with the richest known source of beta carotene and high levels of fatty acids. The buriti oil in **ELEMENTAL HERBOLGY NUTRITIVE LIP COMPLEX** keeps the delicate lip area soft and nourished (\$30 for .4 fluid ounces; [www.elementalherbology.com](http://www.elementalherbology.com)).



PLE,  
CE-  
ED  
FOR  
PING  
POUNDS

PROB...  
CHECK CHECK CHECK!