

EXERCISE
ESSENTIALS

HEALTHY
HOUSEPLANTS

SNACK
MAKEOVERS

Van's Circle

the wellness issue

6 TRICKS
FOR LOSING
WEIGHT

EAT YOUR
WAY TO
GREAT SKIN

&

Win a visit
to the
MasterChef
Junior
set!

1-MINUTE
MEDITATION

MARCH 2018

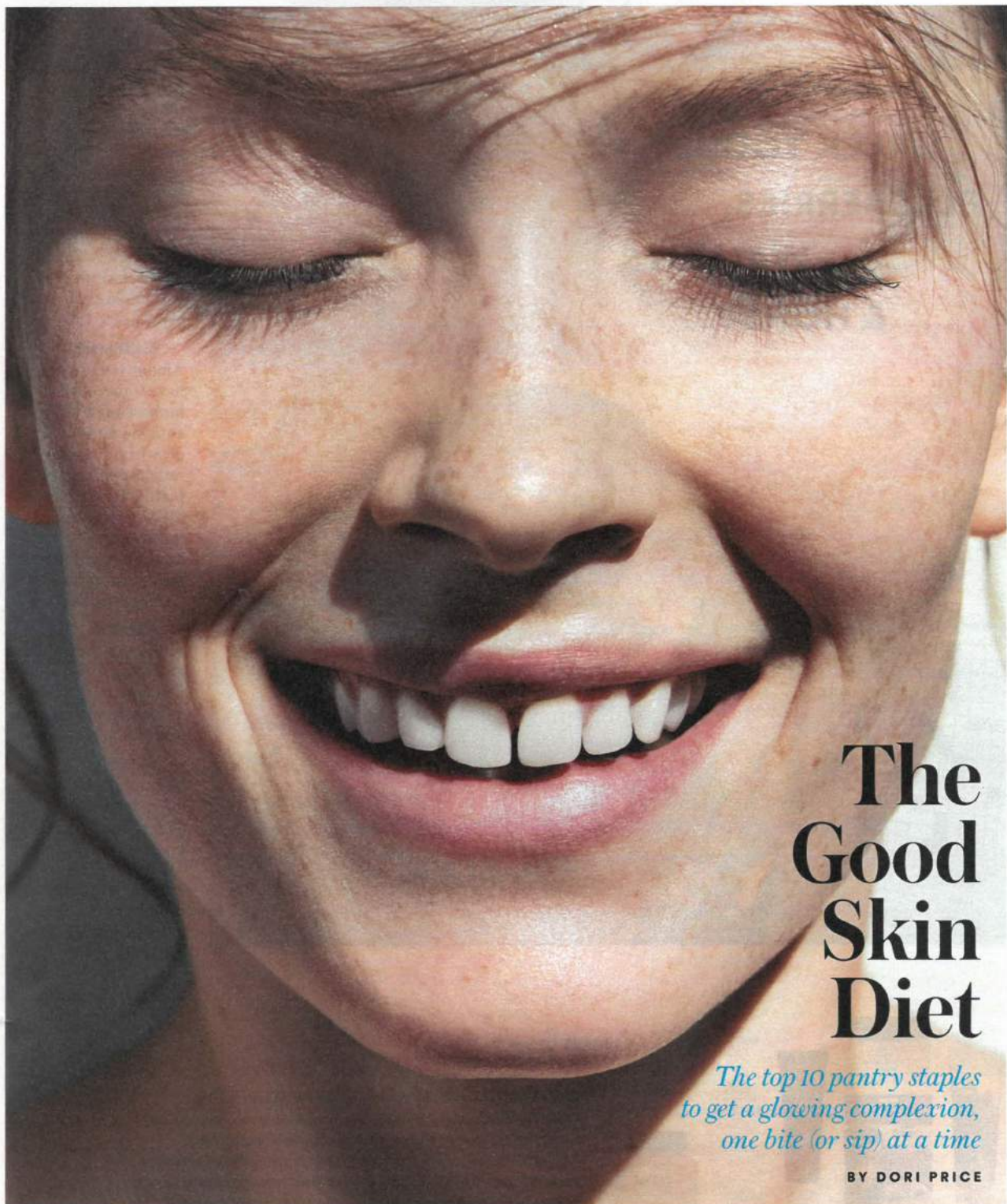
beyond bacon & eggs — 5 smart breakfast ideas!

WHAT YOU
NEED TO KNOW
ABOUT DNA
TESTING



Looking Good
Favorite Finds
Expert Tips
Try-It Trends

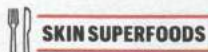
Style



The Good Skin Diet

The top 10 pantry staples to get a glowing complexion, one bite (or sip) at a time

BY DORI PRICE



69% of women

think an inside-out approach to overall wellness is healthier than prescription medication.

Source: The Benchmarking Company

CACAO, PUMPKIN & MATCHA TEA

→ PUMPKIN

The enzymes smooth out imperfections to deliver a luminous glow, says Vargas. Brown also loves that the seeds are a good source of zinc.

→ CACAO

Chocolate for your skin? Yes, really, as long as it's dark (70% cacao or higher). The polyphenols repair damaged skin and restore elasticity, says Sylvia Wiesenberg, founder and visionary of DOPE Naturally and Tonique Fitness.

→ MATCHA TEA

It's loaded with antioxidants, which "act like Pac-Man and chomp up free radicals from the environment before they can penetrate into skin," says Bowe.

trend alert

Beauty boosters, including pills and powders, are all the rage. They are supplements that can be added to your daily routine, says Bowe. Benefits include plumping, brightening and hydrating skin, but their full effects are still being studied.

o **Vital Proteins Collagen Peptides**, vitalproteins.com, \$25
Ingestible collagen can increase hydration in skin, making it more plump and firm.

o **Helicare Daily Use Antioxidant Formula**, helicare.com, \$30
This antioxidant formula protects skin from all types of free radicals,

including infrared rays, blue light (from smart phones) and pollution.

o **8 Greens**, 8greens.com, \$14
Get an extra dose of vitamin A, which helps with cell turnover, thanks to the spinach and kale that are condensed into this effervescent tablet.

o **The Beauty Chef Glow Inner Beauty Powder**, sephora.com, \$70
The name says it all—the mix of antioxidants, vitamins, minerals, essential fatty acids, amino acids, prebiotics and probiotics in this powder enhance skin's natural glow.



BONUS! Find these superfoods in your face and body products too.

CACAO Perricone MD Cocoa Moisture Mask, perriconemd.com, \$69, and Fresh Cocoa Body Exfoliant, fresh.com, \$45. **PUMPKIN** Too Cool for School Pumpkin Sleeping Pack, sephora.com, \$20, and PCA Skin Nutrient Toner, pcaskin.com, \$35. **MATCHA TEA** Origins Ritual Tea Matcha Madness Revitalizing Powder Face Mask, origins.com, \$36, and H2O+ Aquadefense Shielding Matcha Facial Essence, ulta.com, \$42.

