

# Better Homes and Gardens.

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WALK  
YOUR WAY  
TO HEALTH

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## Freshen Up

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## Meat & Potatoes!

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America's Favorite Meal

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# The Buzz Over Honey

Cleopatra bathed in a mixture of milk and honey, Queen Anne of England treated her hair with it, and visitors to New York City's über-luxe Cornelia Day Resort are treated to a spoonful because of its natural metabolic balancing effects. Now the rest of the beauty world is pouring on the sweet stuff. Honey is a natural humectant that attracts and retains moisture. Its antioxidants and antimicrobial properties can help damaged, sensitive skin repair quickly. —*Kelly L. Phillips*

## A LIGHT DRIZZLE

Treat your skin, hair, and home to something sweet.

**FACE** Benefit's "Honey...Snap Out of It" Face Scrub contains a blend of honey, almonds, and oatmeal to polish and moisturize skin; \$26. Kiss My Face Honey & Calendula moisturizer protects chapped skin; \$10.

**LIPS** Nuxe Rêve de Miel lip balm is formulated with rich acacia honey; \$21.

**HANDS** Wash with Savannah Bee Company Tupelo Honey hand soap; \$12. Then layer on Le Couvent de Minimes Honey & Shea repairing hand cream; \$21.

**BODY** Soak, soothe, and scent skin with L'Occitane's Honey Harvest Extra Foaming Bubble Bath; \$18.

**HAIR** John Masters Organics Honey & Hibiscus Reconstructing Shampoo fortifies and strengthens the hair shaft; \$26.

**HOME** Votivo's aromatic Provençal Honey candle adds a delicious scent to the air; \$18.

## QUICK HONEY BEAUTY RECIPES

**MOISTURE-RICH BATH** Add a cup of honey to bath water for an extra-hydrating soak.

**SMOOTHING LOTION** Combine 1 teaspoon each honey, vegetable oil, and lemon juice. Leave on dry areas for 10 minutes, then rinse well. *From the National Honey Board, nhb.org*



## FEED YOUR FACE

To benefit from antioxidants such as lycopene or omega fatty acids, you need to do more than ingest them—you must apply them topically. **GARNIER'S NUTRITIONISTE**, its first-ever skin care line, delivers anti-aging formulas made with naturally derived ingredients; \$6–\$15.



## THE NEW AVON LADY

Hollywood makeup artist Jillian Dempsey (and wife of a certain Dr. McDreamy on TV), has joined forces with Avon to create a stylish wearable line of cosmetics. "My makeup mantra is quick, easy, pretty," says Dempsey. "It has to be fast, it has to be simple, and it has to look gorgeous." Don't miss

**SHEER GLOW ALL OVER FACE POWDER** in two shades; \$11.



## FILL 'ER UP

Those who undergo cosmetic surgery talk about "freshening up." This secret refresher doesn't involve surgery or injections—just a tube of **TRI-AKTILINE FROM GOOD SKIN PHARMACY**. The silky filler glides seamlessly under makeup, as silicones plump up fine lines and optical diffusers obscure the appearance of wrinkles. Immediate gratification! \$40.



PHOTOS: JUPITER (HONEY); ANDY LYONS (ALL OTHER PRODUCTS)