

THE WORLD'S MOST UNIQUE BEAUTY MAGAZINE

NEW BEAUTY

SPECIAL EDIT

ANTI-AGING SECRETS

Top plastic surgeons, dermatologists and cosmetic dentists reveal the latest innovations

THE LIQUID FACELIFT

The fastest way to erase 10 years

THE MAKEOVER IS SO OVER



WEIGHT-LOSS BREAKTHROUGHS

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DID YOU KNOW?

Besides having a plethora of vitamins, minerals and antioxidants and being a quick source of energy, honey is one of the only sweeteners that contains amino acids, the essential building blocks of proteins, which are necessary for cells to grow and maintain their structure.

1 beauty benefits of honey

HONEY HAS BECOME A STAPLE INGREDIENT IN SOME OF TODAY'S MOST SOUGHT-AFTER BEAUTY PRODUCTS—AND FOR GOOD REASON. BESIDES ITS DELICIOUSLY SWEET SCENT, THIS NATURAL MOISTURIZER IS HAILED FOR ITS WIDE VARIETY OF THERAPEUTIC PROPERTIES, SUCH AS THE ABILITY TO KEEP SKIN HYDRATED AND MOIST, AS WELL AS THE POWER TO FIGHT AGAINST THE SIGNS OF AGING. PLUS, HONEY IS AN ANTI-IRRITANT, SO IT IS SAFE TO USE ON EVEN THE MOST SENSITIVE SKIN.



Skin saver

Derived from the hives of honeybees, honey is a natural humectant, meaning it attracts and retains moisture. According to John Masters, founder and owner of John Masters Organics, "Honey contains essential vitamins such as B5 and pantothenic acid. It's also full of minerals like zinc and magnesium, which increase the skin's moisture retention. And it improves cell production and scalp circulation." Honey also contains loads of enzymes and amino acids, making it a powerful antibacterial ingredient that's excellent for treating acne, as well as reducing redness and inflammation. Rich in antioxidants, honey also helps to regenerate damaged tissue, deflect free radicals and improve skin tone and elasticity. To reap the full benefits, look for dark-colored honey, which contains more antioxidants than light-colored versions.

REGENERATE SKIN

Great for avid travelers who experience dry skin from constantly being on the go, **Apivita Skin Food Face Mask with Honey** leaves skin soft, refreshed and hydrated, thanks to a blend of honey and cereal proteins. The individually packaged masks also boast vitamins C, E and F for cell regeneration. **\$24 for a box of six; bigelowchemists.com**

HYDRATE HANDS

Treat rough, dry hands to pure heaven courtesy of **Savannah Bee Beeswax Hand Cream**. With a blend of royal jelly, pure beeswax, honey and floral essences, this thick cream penetrates deep within the surface of thirsty skin to quench and moisturize without the tackiness associated with honey. **\$11.99; savannahbee.com**

FIGHT WRINKLES

Regular exfoliation is a must for a clean, clear complexion. In addition to honey (its thick consistency makes for the perfect base), **Collective Wellbeing Honey Buff** is jam-packed with natural ingredients like vitamin C to fight the signs of fine lines and wrinkles; rose hip seeds and lemon peel to exfoliate and echinacea to keep pore-clogging dirt at bay. **\$13; collectivewellbeing.com**



CALM YOUR SCALP

Formulated to calm itchy, dry, irritated scalps, **Frédéric Fekkai Sensitive Scalp Shampoo** features a mixture of lavender and manuka honey to heal while moisturizing. A mélange of botanicals gently removes excess sebum without drying or stripping the hair and scalp. **\$22; nordstrom.com**

SOFTEN SKIN

Suitable for all skin types, **Mario Badescu Honey Moisturizer** neutralizes damaging free radicals that destroy collagen and elastin. Subtly scented and greaseless, this extremely absorbent moisturizer contains honey and orange extract to hydrate and nourish skin, leaving it velvety smooth. **\$25; nordstrom.com**

SHAVING SALVATION

Packed with alpha hydroxy acids to gently exfoliate the skin and honey to soothe redness and irritation, **Jurlique Honey Cream** helps ward off ingrown hairs caused by shaving and waxing. **\$30; jurlique.com**