

BEAUTY BREAKTHROUGHS

Nature's hottest youth-boosters



◀ Firm up skin with pumpkin!

Pumpkin is rich in retinol (Vitamin A), proven to boost collagen production and make skin look firm. In fact, studies show it even repairs collagen that has been damaged by the sun, says **Dr. Goldberg, M.D.**, author of *Light Years Younger*. Find it in: Zia Natural Skincare Pumpkin Exfoliating Mask.

Fight wrinkles with raspberries!

Raspberries are full of ellagitannins—compounds your body converts into skin-firming ellagic acids, which reduce the appearance of wrinkles by up to 25%, says **Dr. Goldberg**. Eat 1 cup of raspberries daily or try Freeman Get Sheerious Facial Scrub. ▶

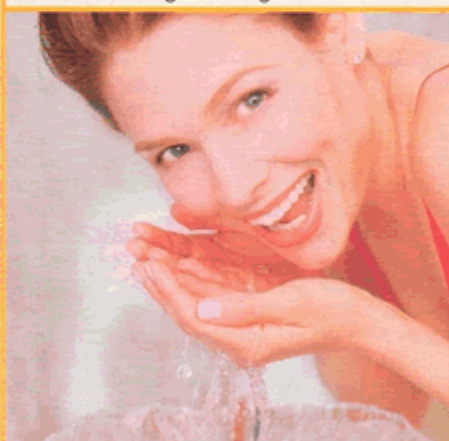


Age-proof your body with maple sugar!

Studies show that maple sugar contains natural alpha-hydroxy acids, which exfoliate your skin to reveal a younger, more radiant you! Simply mix a scoop of granulated maple sugar (available at gourmet food stores) with enough almond oil to make a paste and massage into damp skin. Or try: B. Kamins Maple Sugar Body Scrub.

Fight free-radicals with pomegranate!

Pomegranate contains polyphenols, powerful antioxidants proven to protect skin from wrinkle-causing free radicals, says **Dr. Goldberg**. Try washing with a pomegranate-infused cleanser such as Avon beComing Foaming Face Wash.



Erase bags and circles with grape seed!

Grape seeds are loaded with antioxidants that act as anti-inflammatories, reducing swelling and dark circles by up to 30%, says **Dr. Goldberg**. Find them in: Caudalie Eye Contour Cream.

It takes almost 400 grapes to make a bottle of wine!