

NEW FROM THE PUBLISHERS OF MARTHA STEWART LIVING

whole
living

body+soul

natural selections

While many fruits can be used as skin treatments, berries are especially high in antioxidants like vitamin C and ellagic acid. Plus they have particular antioxidants that many others don't: anthocyanins. "These are the plant chemicals that give berries their deep red and blue color. They have powerful anti-aging properties and can protect skin from the free radicals that cause wrinkling," says Roseanna Rich, a longtime herbalist and cofounder of Indian Meadow Herbs, a blueberry-based skin-care and supplement producer in Maine. Natural fruit acids in

all berries also help loosen dirt and dead skin cells, which is why they're used in skin-clearing cleansers and masks. Tannins, which make berries tart, are natural astringents that tone and tighten the skin. Blackberries contain salicylate, which is used in many blemish treatments. And the tiny seeds in strawberries and raspberries make excellent exfoliators, so they're often added to face and body scrubs.

Here we've gathered products with real berry extracts that are as luxurious as they are effective. —DONNA GARLOUGH

**Mario Badescu
Raspberry Body Scrub**
Tiny seeds in this whipped scrub slough off dead skin cells, leaving the body smooth and invigorated.

**Indian Meadow
Herbs Wild
Blueberry Lavender
Facial Mist**
Wild blueberries are especially potent; this light mist delivers their goods day or night.

**Ole Henriksen
Blue/Black Berry
Enzyme Mask**
Coupled with the enzymes of fresh papaya, the berry extracts in this gel mask dissolve dull, dead surface cells.

**Fresh Body Market
Strawberry Slush**
Light and sudsy, this scrub uses fresh strawberries and seeds to brighten skin.

**Lush Bio Fresh
Catastrophe
Cosmetic**
This thick pore-refining mask is made by hand using fresh blueberries.

**Alchimie Forever
Kantic Mask**
Blueberry extracts pack an antioxidant punch, while oats moisturize and soothe tired complexions.

**Aqua Dessa
Strawberry Honey
Facial Scrub**
This scrub combines strawberries with honey, a natural humectant that draws moisture to the skin.

**Fresh Sugar
Face Polish**
Skin emerges soft and supple after you work in this dissolving scrub of brown sugar, wild strawberries, and penetrating oils.

See page 130 for buying information.