

tampabayTM

LIFE AT ITS BEST

ILLUSTRATED

PREMIERE BODY & SOUL

Home Remedies

Everyone knows oatmeal masks and olive oil rubs give your skin a radiant glow, but we say it's time to kick those kitchen favorites up a notch. Let the supermarkets stock up on mayonnaise to create luscious locks — consider instead some modern twists on food-based beauty treatments.



BREAKFAST TREAT

Oatmeal isn't just for breakfast anymore. Kiehl's **rare-earth oatmeal milk facial cleanser** removes excess oils,



FRUITY FUSIONS

Combine blueberries, oats and grapes and you get not only a lovely fruit salad, but also a great skin treatment. The creamy **Kantic Mask**, which contains wild pansy extracts and vitamin E, is said to reduce redness, calm irritation and heal dry skin with the blueberries and repair damaged skin and fight free radicals with the grapes and wild pansies. Who knew fruit was such a fighter? alchimie-forever.com

SIGHT FOR SORE EYES

We long for the days of steamy bubble baths and fresh slices of cucumber, but we know those pampered days are long gone. Or are they? Astara's **botanical eye treatment** is

