

Summer-Fresh Skin

Looking for that gorgeous healthy glow? Take a closer look at the produce aisle for nature's best skin sloughers.

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Vanilla Bean Exfoliating Paste

This body buffer from Naturopathica founder Barbara Close pairs aromatic vanilla and coffee grounds with yogurt to wake up sleepy skin.

INGREDIENTS

- 2 Tbsp. white rice
- 2 Tbsp. coffee beans (optional)
- 1 fresh vanilla bean, cut in small pieces
- ½ cup natural plain yogurt

MIX rice, coffee beans (if using), and vanilla bean into a powder in a coffee grinder. Pour into a mixing bowl and add a splash of warm water to make a paste. **APPLY** to body, and rub vigorously to exfoliate dead skin. Rinse in the bathtub or shower. Follow by smoothing yogurt over exfoliated areas to soothe and moisturize. Rinse off in warm water.

STORE any excess vanilla paste in an airtight container and refrigerate. Will last up to 5 days.

Pedicure-in-a-Minute Nourishing Scrub

Get your feet ready for sandal season with a mix of easy ingredients you may already have in your pantry—courtesy of Julie Gabriel, author of *Green Beauty Recipes*.

INGREDIENTS

- ½ cup applesauce or any fruit puree
- 1 tsp. honey
- 1 tsp. apple cider vinegar
- ½ lemon, juiced
- 1 Tbsp. sea salt
- 1 tsp. baking soda

MIX the applesauce, honey, and vinegar in a bowl. Squeeze in the lemon juice and stir well. Blend in salt and baking soda. **APPLY** to clean feet, and rub well. Wait for 3-4 minutes, then rinse. **STORE** refrigerated in an airtight container for up to 1 month.

Summer Enzyme Mask

Feed your face and banish dry patches with this recipe from Brenda Brock, founder of the beauty brand *Farmaesthetics*, which takes advantage of this season's fresh bounty.

INGREDIENTS

- ⅓ cup pineapple chunks, drained (canned is fine, but choose organic fruit in its own juices)
- ¼ cup soy oil (can substitute avocado, almond, or olive oil)
- ¼ cup fresh parsley, chopped
- A few sprigs of mint, chopped

MIX pineapple and oil in a blender until almost smooth. Add parsley and mint; pulse, making sure not to liquefy the ingredients. **APPLY** to face using fingers or a small paint or makeup brush. Leave on for 15 minutes. Rinse to remove. **STORE** leftover scrub in an airtight jar. Will last, refrigerated, up to 4 days. ■