

Juicing Up Your Beauty Regimen

(NAPSA)—Nearly everyone has heard the phrase “*eat your fruits and veggies.*” Now the beauty industry has taken the suggestion—and the benefits of produce—to heart with products that work to both infuse the senses and invigorate the body.

Did you know, for example, that fruits act as natural humectants to provide a variety of excellent benefits to both hair and skin? Natural fruit ingredients are often the reason you love your favorite fragrance, moisturizer and hair care product. They can add antioxidants and nutrients to skin and contribute to healthy hair’s luster and shine. The experts at Herbal Essences Fruit Fusions, a brand new collection of fruit inspired hair products, are keenly aware of the benefits available at your greengrocer. Did you also know that:

- **Natural Skin Care is as close as your garden.** Using soothing ingredients such as chamomile or lavender to calm tired, stressed skin as well as fruit and vegetable extracts like papaya and cucumber can alleviate puffiness and redness.

- **Delicious ingredients, including fruit extracts, work wonders on hair.** Ingredients such as blackberry, avocado and mango help to replenish moisture and add shine while mandarin, starfruit and papaya help treat and protect colored hair. Kiwi, kumquat and fig aid in purifying and clarifying hair.

- **Direct from your fridge is**



Don't let skin and hair care concerns put you in a pickle. Cucumbers soothe tired eyes and other foods also make great beauty treatments.

a deep-cleansing fruit mask that helps to unclog pores. Combine 6 oz. plain yogurt, a carrot (for soothing, anti-inflammatory benefits), ½ of a peach (a natural emollient), and ½ of a cucumber (to refresh and soften the skin) in a food processor and mix into a paste. Apply and let sit on the skin for 10 minutes, then rinse. Skin will be left feeling renewed and moisturized.

- **“Feeding” your hair is possible.** New Herbal Essences Fruit Fusions Shampoos and Conditioners allow you to lather into the hair an exclusive blend of plant-derived ingredients, in combination with natural and organic fruit extracts, for healthy, beautiful benefits with an intoxicatingly sophisticated, fruity fragrance. Fruit Fusions is available everywhere...but don't drink it.