

# vegetarian

## times

eco-beauty

BY Elizabeth Barker

Soothe stressed-out skin with cucumber

## COOL CUKES

**Juicy cucumbers team** with compounds to tame skin-ravaging inflammation. They also deliver antioxidants such as vitamin C to safeguard skin against everyday wear and tear, says Elizabeth TenHouten, author of *Natural Beauty: Homemade Recipes for Radiant Skin & Hair*.



### DIY EYE REVITALIZER

from Elizabeth TenHouten:

Purée  $\frac{3}{4}$  cucumber until liquefied, combine with 1 tablespoon aloe and  $\frac{1}{4}$  tablespoon cornstarch, and heat mixture in a small, microwave-safe bowl for 45 seconds. Stir in 1 tablespoon witch hazel, and let cool completely. Gently apply to under-eye area; leave on for 15 minutes, then rinse with warm water.

For an instant chill-out, spritz your face with redness-relieving DeVita Natural Skin Care Cool Cucumber Toner. \$22.95/5 oz.; devitaskincare.com

Elemental Herbology Watermelon & Cucumber Body Moisturiser replenishes moisture to leave skin lush. \$48/8.1 oz.; elementalherbologyus.com

Get fresh-faced with the blend of botanicals in SanRe Organic Skinfood Cucumber Cleanse. \$29.99/4 oz.; sanreorganic.com

Smooth on gently firming Yes to Cucumbers Calming Night Cream just before you tuck in. \$14.99/1.7 oz.; yestocarrots.com

## HEALTHY DIET WRAPS

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