



NATURAL HEALTH

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Natural Beauty

look as good as you feel



spring clean your skin

By OLESSA PINDAK
Photography by MINDEE CHOI

DHC Firming Kelp Facial Mask (\$25; dhccare.com) is a two-step mask-and-gel formula made with seaweed and algae extract to soothe and nourish skin.



for irritated skin

"Aloe, oat, cucumber, and milk proteins are good for soothing," says Day. For your own skin de-stressor, try Day's Cucumber-Carrot Mask with Witch Hazel. Or shop for one of these ready-made alternatives:

See Ultra Soothing Face Mask (try for a minute; dhccare.com) contains soothing milk proteins and healing aloe vera.



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2 teaspoons witch hazel
1 cup warm water

Combine the first 5 ingredients; apply to clean skin. As you wait 10 minutes, combine the witch hazel and water, and use the mixture to rinse.

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