

DR. OZ

FIND YOUR DO-IT-ALL MOISTURIZER P. 56

THE GOOD LIFE

20 *super easy* WAYS TO A FLATTER BELLY

Shrink a little every day on the Oz plan

**QUICK!
ZAP GERMS
IN SNEAKY
PLACES**

**EAT FOR
HIGH
ENERGY**

PIZZA WITH BENEFITS

BETTER BREAKFASTS

SUPERFOOD SALADS

How to stay calm through anything

Oz Quiz!

**DISCOVER
YOUR BODY
SECRETS**
Get expert advice

perk up!

**NEW & HEALTHY
REASONS TO LOVE COFFEE**

APRIL 2016 \$3.99



TRUE BEAUTY

Our plant picks

1 Algenist Reveal Concentrated Color Correcting Drops in Pink (add to primer or moisturizer; \$38, Sephora) **2** Juice Beauty Phyto-Pigments Satin Lip Cream in Cabernet (\$24, Ulta) **3** 100% Pure Fruit Pigmented Pomegranate Oil Anti Aging Lipstick in Calendula (\$28, 100percentpure.com) **4** 100% Pure Fruit Pigmented Blush in Mauvette and Plum (\$35 each, 100percentpure.com) **5** Juice Beauty Phyto-Pigments Luminous Lip Crayon in Laguna (\$22, Ulta)



OZ NEWS: BEAUTY

5 THINGS WE JUST LEARNED

Turn for 4 More



1

Plant-Powered Makeup Is Here!

The latest trend in natural beauty: products tinted with berries, flowers, and even algae for a rainbow of hues. Most of this makeup gets its color from minerals like iron oxide, says cosmetic chemist Ni’Kita Wilson, but these newcomers can have extra skin-soothing and protecting benefits. Your face gets a wash of color, plus an antioxidant boost.

Healthy Updates for Your Face, Hair & Body

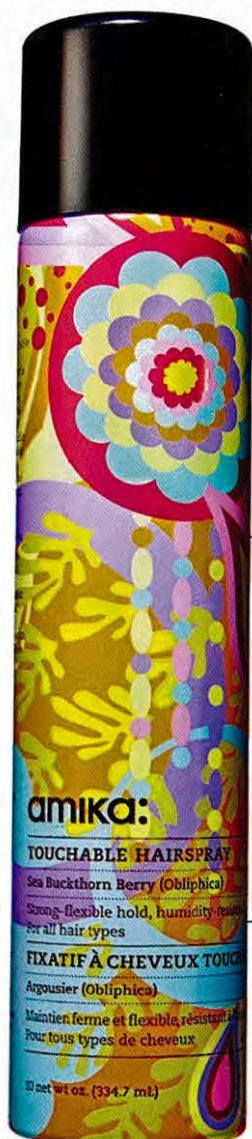
2

one product,
three ways

HAIR- SPRAY DOES IT ALL

Besides giving your style some staying power, hairspray has a few other hidden talents under the cap. The same ingredients that guarantee a good hair day can help out from head to toe. A few new ways to put this mainstay to work:

Amika Touchable Hairspray (\$24, birchbox.com)



Spritz some on a brow brush to lock wayward hairs in place.



Mist a little on a bobby pin: It'll stay where you put it.



Spray an aerosol version over freshly painted nails to speed up drying time.



3

An Ancient Herb Works on Eyes

Ginseng has been used for centuries as a natural remedy to boost energy and immunity, but an extract of the root can help protect the delicate skin around your eyes against UV rays, says a recent study in *Rejuvenation Research*.

Dab on an eye cream containing the herb once or twice a day to fight crow's-feet and droopiness. Our pick: **Origins GinZing Refreshing Eye Cream** (\$30, origins.com). Or try a mask: **Sephora Ginseng Eye Mask** (\$5, sephora.com).

4

These Can Shield and Anti-Age! DNA repair enzymes—naturally derived ingredients used in some creams—may help stunt precancerous cellular changes when added to sunscreen, according to a study in *Journal of Drugs in Dermatology*. They also help rev up collagen production, which can reduce wrinkles, says Marina Peredo, M.D., of Mount Sinai Hospital in New York. Try **DNARenewal DNA Defense SPF 50+** (\$75, dnaegfrenewal.com).



The large brush design grabs and styles more of your hair at once.

Air flows through holes between the bristles.

5

why didn't we think of that?

This Guy Will Transform Your A.M.

Blow-drying with a round brush adds tons of volume but can feel like that old "pat your head and rub your stomach" challenge. That's why we love the zero-coordination-needed **Revlon Pro Collection One-Step Hair Dryer and Styler** (\$50, Target), a lightweight hairbrush and blow-dryer hybrid that dries and smooths hair in less time—perfect for "I needed to leave 10 minutes ago" mornings.