



Beauty Updates, Fixes & Finds

SECRET INGREDIENT

A Natural Boost for Your Sun Blocker

Licorice extract plus sunscreen equals a stronger shield from UV damage, suggests new research in the journal *Experimental Dermatology*. The botanical may strengthen skin's natural protection by causing it to churn out more free radical-fighting antioxidants, says New Orleans dermatologist Deirdre Hooper, M.D. Use a moisturizer with licorice, like **Jason Balancing Wild Yam Moisturizing Crème** (\$15, jason-personal-care.com), under your SPF 30.



The licorice plant: So pretty, so powerful

DIY TREAT

Hit Up the Kitchen for Prettier Feet

Sandals do a number on heels, but a soothing and exfoliating foot scrub can fix that. A great one from the book *Natural Beauty* (DK): Combine 1 Tbsp sea salt, 3 Tbsp jojoba oil, and 10 drops of odor-attacking tea tree oil. Soak feet in warm water for five minutes, then massage in the scrub to buff away dry skin. Rinse, and finish with flip-flops.