

DR.OZ

# THE GOOD LIFE

A NEW  
MAGAZINE  
*from*  
DR.OZ

## 95 FAST HEALTHY CHANGES

- TRY SUPER TEA
  - BURN FAT TODAY
  - DETOX YOUR SKIN
- ...AND MORE!

**Headaches?**  
The best  
advice you'll  
ever get

**What's  
for dinner  
Dr.Oz?**  
*27 fresh  
recipes*

**FALL  
POWER  
FOODS**

**BONUS BOOKLET!**

\$3.99



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# Make Your Own Scrub—It's

Whip up an all-natural buffer by choosing one ingredient from each column. With all these options,

## How to scrub your face

- Do it before cleansing. And don't scrub every day—once or twice a week is enough, advises dermatologist Mona Gohara.
- Go easy. "Your touch should be as light as if you were placing your hands to your face and saying, 'Oh my,'" Gohara says.
- Scrub at night. Mornings are when you apply sunscreen, which can irritate scrubbed skin, says Jeffrey Benabio, M.D., of Kaiser Permanente in San Diego.

## How to scrub your body

- "Scrub before you soap up and shave," says Benabio. "It helps prevent razor burn by lifting hairs trapped under the skin."
- Exfoliate rough heels or flaky elbows and knees daily. "For the rest of your body, three times a week is plenty," Benabio says.
- The skin on your chest is more delicate than elsewhere on your body. "Use a gentler face scrub on this area," Gohara suggests.

## WHAT TO AVOID: MICROBEADS

Plastic beads found in some store-bought scrubs are polluting the Great Lakes. Microbeads aren't biodegradable, and as treatment plants often fail to catch them, they accumulate in bodies of water. To see if your scrub has them, look for *polyethylene* or *polypropylene*—two common types.

start with four tablespoons of an  
**Exfoliant**

**Baking Soda**  
absorbs facial oil

**Oatmeal**  
good on sensitive skin

**Sugar or Salt**  
these are only for the body; sugar is gentler

**Coffee Grounds**  
only for the body; bonus: caffeine tightens skin

add four tablespoons (or as needed) of  
**Binder**

**Jojoba Oil**  
lightweight, so it won't clog pores

**Plain Yogurt**  
lactic acid dissolves dead skin

**Sunflower Oil**  
contains antioxidants like vitamin E

**Coconut Oil**  
soothes very dry skin



# Easy (and Fun)

you could try a new scrub every week—for more than a year.

add a scent with an optional essential

**Oil**

**Lavender**  
the smell is calming

finish with two teaspoons of a skin

**Booster**

**Lemon Juice**  
helpful on oily skin

**Rose Hip**  
contains vitamin A, a proven anti-ager

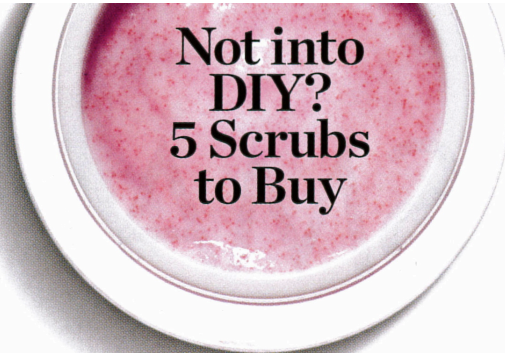
**Turmeric**  
fights breakout-causing bacteria

**Ylang-Ylang**  
has a sweet, intensely floral fragrance

**Honey**  
super-moisturizing

**Tea Tree**  
good for acne; has a medicinal scent

**Kiwi**  
fruit acids whisk away dead skin



Not into  
DIY?  
5 Scrubs  
to Buy

## face

As you use St. Ives Even & Bright Pink Lemon & Mandarin Orange Scrub, tiny particles of the mineral silica gently buff skin (\$4, drugstores).



The jojoba beads in Murad Skin Smoothing Polish remove pore-clogging oil (\$30, Sephora).



Half the price of in-office microdermabrasion, the Exuviance Triple Microdermabrasion Face Polish scrub contains the same exfoliating crystals that docs use (\$72, Ulta Beauty).



## body

The gel-like texture of the Body Shop Wild Argan Oil Rough Scrub makes it easy to spread all over (\$20, the Body Shop).



H2O Plus Spa Sea Amber Skin Smoother is a rich blend of European sea salt and macadamia and sweet almond oils (\$25, H2Oplus.com).



**Experts** Lucia Rodriguez Amasio, spa director at Aulani in Ko Olina, Hawaii, and Tere Ochoa, spa director at Rancho La Puerta in Tocate, Mexico