

MONDAY, OCTOBER 8, 2007

# Fall harvest: Eat it or wear it

Seasonally inspired beauty products yield big benefits

By Korin Miller  
korin.miller@am-ny.com

**amNY**.com  
/style

- Photo shoots
- More style stories
- Pictures of the latest trends

"Tis the season of the harvest, which means bountiful produce for the table — and your body.

Many products derived from autumnal fruits and veggies offer a cornucopia of benefits for your skin. "A lot of fall produce is rich in natural antioxidants and polyphenol," said Dr. Kenneth Beer, cosmetic dermatologist and founder of IdealSkin.com. "Pumpkin, in particular, has a ton of ingredients that are great for the skin. It has enzymes that break down oils on the surface."

Whether for novelty or necessity, pumpkin-infused products are popping up everywhere this season. Sephora features

the Peter Thomas Roth Pumpkin Enzyme Peel (\$44), an exfoliator that uses pumpkin enzymes to dissolve dead skin cells, while midtown's Exhale Spa will give a pumpkin enzyme peel for free this month with purchase of their 60-minute True Facial. Skin-enhancing pumpkin masks are also offered from Zia (Pumpkin Exfoliating Mask, \$24.95), Greatskin (Pore Refining Pumpkin Mask, \$39) and Alocette (Warming Pumpkin Energizing Mask, \$25).

But gourds aren't the only fall yield that enhances beauty. Cranberries, yams and plums are hitting shelves, alongside apples and corn.

JASON infuses cranberry extracts in soaps and lotions,



The Four Seasons Big Apple treatment (Photo by Eric Closson)

which are really gaining in popularity. "Apples naturally contain malic acid, which ... works to loosen the cellular cement that binds dead skin cells together, ultimately allowing for exfoliation," said Jose Rivera, Sephora Pro Beauty Team's lead artist. Corn extract "increases the skin's

metabolism, allowing for a quicker turnaround of skin cells."

The Four Seasons Spa offers a Big Apple antioxidant treatment (\$255 for 80 minutes), using apple enzymes to dissolve free radicals or dead skin, explained spa director Kerry Williams. Not



Sephora features a bevy of fall beauty items, including Juice Beauty's Green Apple Peel (above, \$39).

only does the scrub smooth skin, it smells yummy, too.

Corn starches have cropped up in several makeup products including Smashbox's Functions Self Adjusting Powder Foundation (\$36, Sephora.com), which uses the veggie's extract to renew the appearance of skin, and Sephora's All Over Skin Pressed Powder (\$4).

Want to incorporate the new season into your beauty regime? Don't smear produce on your skin just yet. The ingredients work best when they're extracted from the original item, Rivera says.



Right: Zia apple refining mask (\$22.95); Zia pumpkin exfoliating mask (\$22.95). Left: JASON Wild Yam moisturizing crème (\$14.09).



BEAUTY COUNTER		THIS TIME: STYLING PRODUCTS FOR CURLY HAIR					
1	PRICE PER OUNCE	Pureology RealCurl curl define creme	Ouidad Tress FX	JASON curl defining cream in lavender & rosemary	Miss Jessie's curly meringue	Citric Shine miracle anti-frizz serum	
2	HERE'S WHAT THE LABEL SAYS ...	RealCurl's humidity-resistant barrier defines natural shape and spring.	Defines curls without weighing them down.	Plant-enriched styling cream separates, defines and contours curls.	Lightweight formula boosts limp and droopy curls, kinks and waves.	Tames frizz and treats split ends for a smooth, soft, shiny finish.	
3	WHAT DID YOU THINK?	I liked it, eventually. Initially, I had trouble figuring out how much to use.	It was OK. I had to use more product than usual to control the frizz.	It really helped reduce frizz and defined my curls without leaving a residue.	It definitely got my curls in line, but was a little heavy for my hair type.	It made my hair seem greasy, not shiny.	
4	WOULD YOU BUY IT?	Probably not. I'm very loyal to my usual stuff.	Possibly, with some of the products I currently use.	I definitely plan to add to the cream to my tress-taming arsenal!	No, but a co-worker swears by it. The cream seems to work best with coarse hair.	No, I have too much brand loyalty to my current haircare products.	

Tested by real women for your reading pleasure. Give us your thoughts on The Beauty Counter at [amNY.com](http://amNY.com)