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no-fuss, healthy hair



▶ Chemical relaxing is losing popularity, according to a Pantene survey of 1,000 African-American women aged 18 to 64. **Of the 66 percent who do relax their hair, 28 percent plan to go au naturel within the year.** "It's healthier" and "it's less expensive" were the top reasons cited. Nourishing products to help smooth the transition: Mizani Foam Wrap (\$16; mizani-usa.com for salons), a mousse with shea butter; Pantene Pro-V Relaxed & Natural Mask (\$5; at drugstores), a deep conditioner rich in jojoba oil; and Goody's Mosaic Collection (\$1 to \$13; at drugstores), a line of tools—from brushes to barrettes—that won't snag stressed hair.

Intensive care for fragile strands

Keeping natural hair loose (no tight ponies) prevents breakage

TAKE THE STING OUT OF SKIN CARE

▶ Increasing numbers of skin-care companies are passing on synthetic preservatives in favor of naturally derived additives that maintain freshness. Why? "Preservatives are a top cause of skin irritation and may even contribute to hyperpigmentation," says Min-Wei Christine Lee, M.D., clinical instructor of dermatologic surgery at the University of California, San Francisco. **In place of chemical preservatives, companies like Burt's Bees, Naturopathica, and Boscia are adding natural antimicrobial agents like citrus-seed oils, vitamin E, and lavender to their formulations, as well as using airtight packaging to keep out germs. The only downside to this trend? Natural preservatives typically don't last as long as their synthetic counterparts, so pay attention to expiration dates on product packages in order to reap the best results.**

shape shops

the best peel for you

Boost dull skin with one of these twice a week.



For sensitive skin
Tammy Fender Epi-Peel (\$80; tammyfender.com) sloughs and soothes skin simultaneously.



For acne-prone skin
Neutrogena Acne Mark Fading Peel (\$15; at drugstores) prevents breakouts and evens out hyperpigmentation.



For combination skin
Philosophy Multi-Use Peel Pads (\$55; sephora.com) deep-clean your T-zone without overdrying.



For dry, lined skin
Dior Capture Totale Soft Peel (\$75; sephora.com) removes dead cells as you sleep.