

TRY THIS AT HOME!

▶ Feeling adventurous? Whip up one of these derm-approved DIY options.

TO MOISTURIZE

- 4 ounces plain Greek yogurt (look for one with live active cultures and no added sugar)
- 2 tsp. organic dark honey
- ¼ avocado, mashed

Combine ingredients in a bowl. Apply mixture to face, neck, and chest. Let sit 10 minutes and rinse with warm water.

How it works

Avocado is packed with hydration-boosting lipids and vitamin E, an antioxidant that fights free radicals, says Whitney Bowe, MD, clinical assistant professor of dermatology at Icahn School of Medicine at Mount Sinai Medical Center in New York City. Other goodness within: Honey is both moisturizing and anti-inflammatory, and yogurt contains healthy probiotics (to soothe) and lactic acid (to slough away dull dead skin cells).

TO HELP TREAT ACNE

- 1 tsp. turmeric powder
- 1 tsp. raw organic honey
- 2 tsp. milk

Combine ingredients to form a paste. Spread on mixture using a fan-shaped makeup brush. Let sit 15 minutes and rinse with warm water. (A word of caution: Turmeric can leave yellow stains on your skin; remove them with a milk-soaked cotton ball.)

How it works

Both honey and turmeric calm inflammation and have antibacterial properties, while the lactic acid in milk acts as a gentle exfoliant, smoothing skin, says Arielle Kauvar, MD, clinical professor of dermatology at New York University Langone Medical Center.

TO SOOTHE

- ¼ cup uncooked oatmeal
- 2 Tbsp. milk or yogurt
- 1 Tbsp. honey

Combine oatmeal with milk or yogurt. Add honey and mix to form a paste. Apply mixture to clean skin. Let sit 10 to 15 minutes (or until dry) and rinse with warm water.

How it works

Oatmeal—a common ingredient in many store-bought moisturizers—is loaded with avenanthramides, compounds that soothe red, irritated skin, says Brooke Jackson, MD, a dermatologist in Durham, North Carolina, who's been using this recipe since she was a teen.



Have Some Fun
Some sheet masks leave you looking like Jason from *Friday the 13th*; others resemble real-life Snapchat filters. Here, three cheekily decorated options that deliver skincare benefits—and keep your selfie game strong.

<p>1. Masqueology Emoji Laugh Cry Sheet Mask Are redness and irritation bringing you down? Get happy with this soothing treatment, formulated with aloe and hyaluronic acid. Smile on! (\$2.50; emojicosmetic.com)</p>	<p>2. SNP Animal Otter Aqua Mask Defeat your skin's dry spell with this deeply hydrating trio of hyaluronic acid, glycerin, and coconut water. (\$3.25; beauteque.com)</p>	<p>3. Face Inc by Nails Inc 40 Winks Anti-Aging Sheet Mask Hit refresh in the blink of an eye with this potent treatment, which contains brightening niacinamide, moisturizing hyaluronic acid, and a nourishing ceramide. (\$6; nailsinc.com)</p>
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