

Inside Out Holiday Beauty

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Although we look forward to the holidays each year, with them looms the inevitable threat of over-indulgence and expanding waistlines. Fortunately, you don't have to fear all of your favorite seasonal ingredients – many actually have powerful topical beauty benefits! These products are sure to nourish your body from the inside out and ensure that you emerge from the holiday season even more beautiful than before!

Pumpkin Indulgences

- If you look forward to the arrival of pumpkin chai/pie each year, you won't be able to resist **Somme Institue Boost** (\$40, sommeinstitute.com), a gentle warming mask that purifies and smooths skin with pumpkin enzymes, minerals, vitamins and Patented MDT5 Technology. *The pumpkin enzymes in the mask increase cellular regeneration* while the warming sensation helps to open pores, allowing for more effective absorption of impurities and dirt. While the mask does leave skin beautifully clear and soft, our favorite part of the experience is the infectious spiced pumpkin scent. If you are a fan of **NEST's Pumpkin Chai Candle** (\$32, neimanmarcus.com) (and we are!), this mask is PERFECT for you.

