

stop breakouts

PUMPKIN TREATMENT



Unclog your pores to prevent zits—pumpkin enzymes exfoliate dead skin, while honey keeps skin super-moist.

- Combine 1 teaspoon canned pumpkin puree with 1 teaspoon honey, 1 teaspoon cider vinegar, 1 teaspoon flour, and 1 egg.
- Using a fork, beat the mixture until smooth.
- Smooth a thin layer onto clean dry skin (avoiding your eye area) and leave on for 20 minutes.
- Rinse with lukewarm water; pat skin dry.

17 EXPERT: Shobha Tummala, skin care expert at Shobha Salons, New York, NY