

# Newsweek

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## For a Superhealthy Glow

**C**hecking the ingredients list on food packages has become a no-brainer for the health-conscious. But what about the ingredients for personal-care products? Read the label on the bottle of moisturizer and you may find ingredients that are as scary to pronounce as they are to learn about. Parabens (generally seen as suffix, as in methyl-paraben) and phthalates (listed as dibutyl and diethylhexyl, though sometimes listed generically as “fragrance”) are a few of the chemicals that have been linked to cancer, birth defects, infertility and a host of other problems. Some companies are responding to increased consumer demand for safer chemical-free alternatives. Our favorite:

**TRACIE MARTYN**'s line of cleanser, serums and masks are chock-full of anti-inflammatory properties. Try the Amla Purifying Cleanser, which uses sugarcane and green-papaya enzymes.

*-Jac Chebatoris*

