



fresh fall facial

BEAUTY

With three natural ingredients, you can make [Julie Morgan's](#) DIY treatment and ready your skin for the colder days to come.

We all take a few minutes out of our day to wash our faces—and, if we're following the sun-safe guidelines of the American Cancer Society, to apply a moisturizer with an SPF of 15 or higher. But carving out more time to give yourself a facial can be soothing and relaxing, and by using ingredients that are as good for your insides as they are for your outsides, your skin will look great.

If you've got a few moments to spare—or want to have your girlfriends over for a little pampering session—try my Fall Market Mask. With just three ingredients I love—Greek yogurt (to lessen tiny lines), pomegranate (to fight inflammation), and honey (to combat breakouts)—it brightens, smooths, and softens skin . . . and it's good enough to eat. Pressed for time? Try this express version: Soak a cotton facial mask with pomegranate juice and apply to your face for three minutes. Rinse and pat dry.

Fall Market Mask How-To:



1 Pick the seeds out of a pomegranate.



2 Using a mortar and pestle or a blender, pulverize the pomegranate seeds to make $\frac{1}{4}$ cup.

3 In a bowl, mix the pomegranate with $\frac{1}{2}$ teaspoon honey and 1 tablespoon yogurt. Using your fingers or a clean makeup brush, apply the mixture to your face. Allow to sit for 15 minutes. With a massaging motion, rinse with warm water. Pat dry.



Visit Julie at juliecorinnemorgan.com. ■