

the beauty bar Bilberry

Antioxidant-rich bilberries—tiny, tart relatives of blueberries—pack a powerful boost for your eyes, both inside and out. “Bilberries not only improve night vision, but they also may prevent glaucoma and cataracts,” says Cynthia Sass, RD, a New York City–based nutritionist. When patted around the eyes, bilberry-based creams strengthen delicate capillaries and improve circulation to these areas prone to dark circles and puffiness. Bilberries also support blood flow, especially in the legs, making them ideal for people who have poor circulation or edema, Sass says.

TRY: Monterey Bay Spice Company Dried Bilberries. Because bilberries are notoriously difficult to cultivate, dried bilberries, often harvested from the wild, are easiest to find. Sass recommends adding dried berries to trail mix, oatmeal, or chocolate sauce. Just ¼ cup of dried bilberries delivers the nutritional benefits of 1 cup fresh berries. \$23, 1 lb; herbco.com

APPLY: Organic Apoteke Rejuvenating Eye Cream. This 94 percent–organic cream is easily absorbed into the thin skin around the eyes, where it helps increase microcirculation. \$27, 0.5 oz; organicapoteke.com —JOLENE HART



Q Does mineral makeup with SPF offer enough sun protection?

A In short, no. All mineral makeup contains either titanium dioxide or zinc oxide as a primary ingredient, giving it some short-term sunscreens ability, usually SPF 10 to 30. However, experts agree that mineral makeup won't protect you from burning and aging as well as products made specifically to block sun. Find our sunscreen picks at naturalsolutionsmag.com; type “Top Sunscreens” into the search box.

5 Steps — to Pretty Feet

Your feet likely took a beating this summer. Now, shape up heel to toe in five easy, natural steps.

1. Exfoliate. Whip up a naturally antibacterial foot scrub by mixing the juice of one lemon or lime, 2 tablespoons olive oil, and 1 tablespoon sugar or salt. Scrub heels, tops of feet, and the forgotten areas between toes with a rolled paper towel, advises Karina Restrepo, manicurist and co-owner of Tierra Mia Organic Nail Spa in Philadelphia. Then rinse, pat dry, and soften calloused areas, using a natural pumice stone, before rinsing again. Pumice is preferable to a metal file because “your body reads metallic filing as a cut, and skin grows back thicker,” Restrepo says.

2. Moisturize. Restore much-needed moisture to feet and nails by massaging them with olive, almond, jojoba, or coconut oils. At bedtime, opt for shea butter, such as Out of Africa Organic Shea Butter, to replenish cracked heels and soles while you sleep.

3. Groom. Trim and file your nails while they're dry and less prone to splitting and damage, Restrepo suggests. Afterward, use warm water and a small brush (an old toothbrush works well) to clean crevices around nails. Gently push back cuticles with a cuticle stone.

4. Polish. If you like a pop of color, go with water-based nail polishes (try Acquarella or Suncoat). Before applying, wipe nails free of oil and moisture, which repel water-based lacquers.

5. Protect. Don't leave feet and toes defenseless against UV rays—even as the days become shorter. Apply a mineral sunblock like Badger SPF 15 Sunscreen for Face & Body before setting foot in the sun. —JH

