

Health®

"THE ACIDS IN ORANGE BLOSSOM ESSENTIAL OIL CAN HELP CLEAR ACNE AND CALM INFLAMMATION."

- HEALTH

Trending

WHAT'S THAT?

New Superfruit: Baobab



You read it here first: The African baobab fruit is ready for superfood stardom. Studies suggest that it's brimming with fiber and antioxidants. (As you can only get it in powdered form on U.S. soil.) Try just a little at first, says Health's contributing nutrition editor, Cynthia Sass, RD, to make sure it agrees with your system. Where to get it:

MAMMOTH BARS

Go Paleo (and portable) with these snacks made of organic ingredients. They come in great flavors, like trail mix goji. (\$35 for a 10-bar safety pack; mammothbar.com)

BAOBITES

These chewy fruit snacks can be eaten plain, baked into muffins or sprinkled on oatmeal. Plus, 30 pieces have just 90 calories. (\$30 for a 12-pack box; baobabfoods.com)

ONEBAR

Tired of smashed bananas in your bag? A OneBar has a full serving of fruit and no added sugars. And it's a lot easier to take on the go. (\$15 for 12; theonebar.com)

→ **Korres Wild Rose Vitamin C Active Brightening Oil** (\$54; korres.com)
Packed with vitamins A and C, wild rose leaves skin looking radiant and reduces fine lines.



→ **S.W. Basics Hibiscus Mask** (\$22; swbasics.com)
Known as nature's Botox thanks to its alpha-hydroxy acids, hibiscus speeds up cell turnover for glowing skin.



→ **Farmaesthetics Nutrient Dense Fine Facial Oil** (\$58; farmaesthetics.com)
The acids in orange blossom essential oil can help clear acne and calm inflammation.



Petal-Powered Anti-Agers

The latest batch of skin-care products is coming up roses—and sunflowers, marigolds and orange blossoms. No longer, hold just to add scent, these are being applied to work to target inflammation, acne, fine lines and more. Find out which flower fix is right for you.



← **Kat Burki Vitamin C Nourishing Cleansing Ealm** (\$35; katburki.com)

Rich in vitamin E, sunflower oil helps smooth wrinkles and retain moisture.



↑ **Pacifica Skincare Restorative Roll-On Face Oil** (\$22; pacifica.com)

Marigold's natural anti-inflammatory properties can heal inflamed skin.

SCAN TO SHOP!

SCAN THE BAR AT LEFT TO BUY THE PRODUCTS THAT INSPIRED THIS STORY. OR VISIT HEALTH.COM/HEALTHY-BAOBS

↑ **Alfalfa Nutri-Define with Biossamed Eye Contour Balm** (\$90; sunique.com)

Similar to a retinol, alfalfa seed extract sloughs away dead cells and stimulates collagen production.

A Must-Have Moto Jacket!



The word *athleisure* may have just been added to the Merriam-Webster dictionary, but you already knew that studio-to-street is the hottest thing going. The faux-leather pick we're coveting right now: New Balance's Shadow Jacket (\$140; newbalance.com), a fitness take on the popular moto style (hello, oversize collar and asymmetrical zip!). You'll want to wear this cozy, versatile piece everywhere.