

# Super Soothers

Your skin could use some extra support right now: Colder weather and indoor heat often sap its moisture, leaving it dry and irritable. For fast relief, look to nature. These top botanical ingredients are proven to work, and leave your face and body feeling smooth and supple.

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**Aveeno Positively Nourishing Lavender + Chamomile Calming Body Lotion, \$6, [walmart.com](http://walmart.com).**

**Saje Calm-O-Mile Moisturizer, \$36, [saje.com](http://saje.com).**

**Darphin Chamomile Aromatic Care, \$75, [darphin.com](http://darphin.com).**

**Mario Badescu Chamomile Night Cream, \$20, [mariobadescu.com](http://mariobadescu.com).**

**Neutrogena Oil-Free Acne Wash Redness Soothing Facial Cleanser, \$10, [walgreens.com](http://walgreens.com).**

## Chamomile

When it comes to calming skin effectively, this flowering herb is queen. Its anti-inflammatory properties make it a natural go-to topical for sensitive types, says New York City dermatologist Marina Peredo. But it's a wise winter option for anyone, and is found in many treatments (see our picks, left). "Chamomile is filled with powerful antioxidants, such as polyphenols and phytochemicals," says Peredo. "It provides protection against damaging free radicals and helps diminish the appearance of fine lines and wrinkles." You can find different varieties (Moroccan, Roman, even blue chamomile), but they all offer benefits. For super-reactive skin, double-dip: Peredo suggests applying the ingredient morning and night for maximum pampering and care.



## CENTELLA ASIATICA

The aquatic herb, also known as cica or gotu kola, has been tapped for centuries to heal wounds. A potent hydrator, it magically transforms cracked hands, elbows, and feet. Find it in **Burt's Bees Res-Q Ointment** (\$10, [burtsbees.com](http://burtsbees.com)).



## SCHISANDRA BERRY

City dwellers, it's time to branch out: This adaptogenic fruit has been shown to help shield skin from pollution. Get it—and line-smoothing benefits—with **Garnier Retinol-Berry Super Soothing Serum Cream** (\$22, [walgreens.com](http://walgreens.com)).