

Breaking Ground

To brighten and calm your complexion in one fell swoop, go foraging for mushrooms.

While all kinds are nutrient-rich, new research shows that the chaga variety, found mainly on birch trees, is extra-magical at nourishing skin. Learn what makes the fungus such a phenom—and where to find it.

TEXT BY CLAIRE SULLIVAN



CHAGA MUSHROOMS have calming properties, so they're especially effective in treating breakouts, contact dermatitis, rosacea, and eczema, says Birmingham, Alabama, dermatologist Corey L. Hartman. However, their benefits are universal: They reduce the look of discoloration and spots, and also have betulinic acid to help maintain collagen.

① THE SUPER SOOTHER

A layer of **Dr. Andrew Weil for Origins Mega-Mushroom Relief & Resilience Soothing Treatment Lotion** infuses skin with extra-potent fermented chaga. Morning and evening, shake it, then sweep it across your face with a cotton pad before moisturizing (\$38, origins.com).

② THE NIGHTCAP

House of Grō After Dark Anti-Aging Night Serum is packed with chaga that's hand-harvested in Maine, plus CBD to maximize anti-inflammatory effects while your skin's in regeneration mode (\$135, houseofgro.com).

③ THE WRINKLE SMOOTHER

A smart option for fighting fine lines without irritation, **Kiehl's Super Multi-Corrective Cream** plumps cells with hyaluronic acid as the fungi help even out skin tone (\$68, kiehls.com).

④ THE GLOW BOOSTER

For extra radiance, try **Frwd Mushroom Super Serum**, with aloe, chaga, and two other types of 'shrooms to tamp down discoloration (\$56, frwrdskincare.com).

⑤ THE MEGA MOISTURIZER

Chaga, niacinamide, and superfoods like Kakadu plum make **Dr. Dennis Gross B3 Adaptive SuperFoods Stress Repair Face Cream** a one-stop shop for rehabbing dry, dull skin (\$72, drdennissgross.com).

More Mushrooms to Hunt For . . .

Reishi mushrooms, excellent free-radical fighters, can be found in **Eminence Organic Skin Care Birch Water Purifying Essence** (\$49, eminenceorganics.com). The **snow** variety delivers good moisture; try **Olay Regenerist Collagen Peptide24 Moisturizer** (\$29, walgreens.com). **Shiitakes** have high levels of kojic acid to brighten, says NYC dermatologist Marie Hayag. Consider **Plant People Restore Botanical Face Mask** (\$60, plantpeople.com).