

BUY OR DIY

Honeydew Skin Care

This late-summer melon contains vitamin C, a vital antioxidant for skin-tissue repair. "All melons are vitamin-rich, but honeydew also has a great aroma," says Randi Ragan, of GreenBliss EcoSpa in L.A.

BUY IT

The comforting, sweet scent of honeydew extract can be found in washes and moisturizers.



1 DEEP STEEP HONEYDEW-SPEARMINT ORGANIC BUBBLE BATH combines essential oils and vitamins for a calming, spa-like luxury. \$11, deepsteep.com

2 ÉMINENCE ORGANIC SKIN CARE HONEYDEW BODY LOTION is ultra-moisturizing with calendula and carrot oils. \$28, 888-747-6342

3 EOS ORGANIC HONEYSUCKLE HONEYDEW LIP BALM prevents chap with soothing shea butter and jojoba oil. \$3.30, evolutionofsmooth.com



HONEY, DO!
THE MELON'S WATER CONTENT IS HYDRATING FOR THE SKIN. (OR SWAP IN CANTALOUPE!)

START
SEED AND MASH
¼ RIPE MELON



ADD 3 CHOPPED
MINT LEAVES



STIR IN 2 TBSP
(OR UP TO ½ CUP)
MINCED OATS

DIY IT

Mix together the honeydew and mint, then slowly add the oats (minced in a food processor) until you reach a desired consistency. For your face, aim for a texture like wet sand, but a thicker scrub will work best for the body. Apply in gentle circles, rinse with warm water, and dry.