

# allure

SPECIAL ISSUE



## BEST OF BEAUTY

300  
WINNING  
MASCARAS,  
POWDERS,  
SERUMS,  
SHAMPOOS,  
AND MORE



**rihanna**  
the year of fenty



**READY TO WEAR**

IF YOU WANT TO KEEP THINGS SIMPLE, JUST BUY PRODUCTS LACED WITH ESSENTIAL OILS.

- 1. Naturopathica Neroli Clarifying Facial Oil brightens skin.
- 2. 8 Faces Boundless Solid Oil's grapefruit and lavender comprise a soothing do-it-all balm.
- 3. Monastery Lapiz Firming Matte Body Oil has stimulating ginger.
- 4. Juice Beauty Signal Peptides Firming Serum's bergamot calms irritation.
- 5. Mountain Rose Herbs Blue Yarrow essential oil's yarrow helps balance oiliness.
- 6. The Ranch Bee's Milk Facial Scrub evens complexions with neroli.

## Rules of Play

Before you dip into the essential pool, heed these tips from expert Amy Galper.

### When Diffusing...

"The area should be well ventilated," says Galper, and switch off the diffuser for 40 minutes for every 15 you leave it running (some have timers to do the work for you). Never put sage, cinnamon leaf or bark, thyme, or oregano in a diffuser—their powerful molecules are too strong to be inhaled deeply.

### Around Kids...

Never use essential oils on or around children under the age of one—they can be overwhelming to developing lungs. "After one, sweet orange, lavender, chamomile, and cedarwood in a diffuser, or diluted at one drop essential oil to two tablespoons olive oil on their feet and back can be soothing," says Galper.

### On Skin...

Don't rub essential oils directly on your skin unless they're already in a balm or other premade formula. "Essential oils are made up of a complex collection of molecules and are very potent," says Galper. "A good rule of thumb is to never put an undiluted essential oil on your face or any sensitive area of the body."

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