

Parents

Help Your Child **SLEEP BETTER** So You Can Too

TAKE THE "ICK" OUT OF YOUR PICKY EATER >> 49 GENIUS IDEAS

14 Reasons To Head To The Emergency Read P. 30 Before You

Discipline Make 5 New Rules To

Skin Trouble? Try Turmeric

This mustard-yellow herb has been shown to reduce skin inflammation. No wonder it's popping up in products promising to treat everything from acne to eczema.

To help minimize scars, try the Juara Turmeric Antioxidant Radiance Mask, \$39; juaraskincare.com.

NO MORE BAD HAIR DAYS Nearly 32.5 million women in the U.S. admit they've stayed home because their hair is a mess, a new survey reveals. Don't be one of them: Slip on Juara's new hair care products and you'll be back out there in no time.

Skin Trouble? Try Turmeric

This mustard-yellow herb has been shown to reduce skin inflammation. No wonder it's popping up in products promising to treat everything from acne to eczema.

Ideal for use on areas prone to dry skin: Borba Replenishing Healing Balm, \$20; borba.com

To help minimize scars, try the Juara Turmeric Antioxidant Radiance Mask, \$39; juaraskincare.com.

Soothe an irritated face with Dr. Andrew Weil for Origins Plantidote Mega-Mushroom Treatment Lotion, \$30.



While you wait, use a brow powder to fill in the sparse areas. We like Ardell Brow Defining Powder, \$4.

2 When it's time to tweeze again, pluck hairs that sprout up under the natural arch. Those that grow past the proper borders of your brow should begin straight above the inner corner of the eye and end at the outer corner of the eye.