

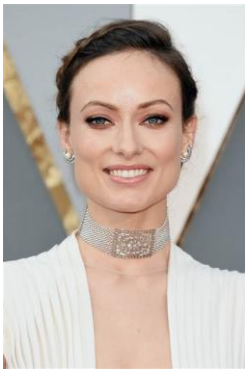
15 supermarket beauty buys that celebrity skin experts adore

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It's true that you can find amazing beauty and hair saviors at the drugstore. But you can also use products you already buy at the supermarket — like fruit, coffee and olive oil — as part of your beauty routine. It's the ultimate multitasking money-saver!



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Michelle Schlekewey's celebrity clients include Olivia Wilde, Lauren Conrad and Tammin Sursok of "Pretty Little Liars."

1. Ground coffee

"It's more than a great beverage to get you going in the morning," says Michelle Schlekewey, director of spa services at Golden Door Resort in San Marcos, California. Stir some grounds in coconut oil with some sugar (raw, white or brown — everyone likes something different) and you have a great body scrub. The caffeine stimulates your skin and is said to help with cellulite."



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2. Dragon fruit

"This is a cool superfood popping up in more and more stores," says Schlekewey, whose clients include Olivia Wilde and Lauren Conrad. "Use the pulp and seeds with sugar and apply it to your body and face. The pulp is full of antioxidants and vitamins and the seeds are high in omega-3 and omega-6. You can also add some coconut oil to this mixture if you prefer a smoother texture."



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3. Citrus

"This is always great during summer months to feel refreshed when you're hot and sweaty. Use orange, lemon or lime juice and rinse it all over your body. You can even cut fruit in half and run it over areas that you want to feel especially fresh. The smell of citrus is uplifting and energizing, making it the perfect way to start your day," says Schlekewey.



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4. Turmeric

"I can name a long list of turmeric's skin benefits, says Dr. Nigma Talib, a naturopathic doctor whose clients include Penelope Cruz, Rosie-Huntington Whiteley and Sienna Miller. It's used to treat acne blemishes, blackheads, pigmentation on the skin, eczema and psoriasis. Turmeric is great for dry skin and will help you slow down the aging process as it helps soften wrinkles. In India, turmeric has been added to cleansers and creams for years."



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The following turmeric mask recipe can be used to treat acne, pigmentation, rough and dry spots and eczema flare-ups. "Use it three times a week if you have acne, acne scars or pigmentation. If you have normal skin with no inflammation, use this mask once a week as a skin brightener and tightener," says Talib.

- 1 tablespoon rice or chickpea flour
- 2 teaspoon turmeric powder
- 2 teaspoon natural yogurt
- 1 teaspoon runny honey (honey that's warmed up)
- 1 teaspoon grated lemon peel

1. Mix all the ingredients together to make a paste. This should be thin enough to spread easily on your face but thick enough to stick well. It shouldn't run down your skin.
2. Cleanse your skin with warm water and your daily cleanser.
3. Make sure your hair is away from your face and avoid wearing any clothing you love — turmeric's powerful dye is difficult to get off.
4. Apply to the entire face — including under the eyes, the neck and décolletage — with your fingers or a clean makeup brush.
5. Leave the mask on for 20 minutes and rinse off with warm water.
6. Finish off your final rinse with cool water. After drying your skin, use a toner and/or makeup remover to remove any extra turmeric on the face. Turmeric's powerful pigments really can stain anything ... and that includes the face!

5. Grapeseed oil

"Over the years, I've recommended vitamin E and coconut oil as deep conditioners. But my most recent great find would have to be grapeseed oil for skin and hair," says Sharon Dorram, master colorist at Sally Hershberger salons. Her clients include Renée Zellweger, Julia Roberts, Kate Hudson and Nicole Kidman. "It's filled with tocopherols (a sort of natural vitamin E) and doesn't leave your hair as sticky as vitamin E does. This is a great, easy home remedy you can do once a week, especially during the summer when the hair gets stressed by the elements."



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6. Coconut oil

"I go nuts for coconuts! I close my eyes and imagine the smell of coconut-scented suntan lotion and the taste of a frosty pina coladas. But coconut is not only good to sniff, eat and drink, it's also good for your nails," says Dr. Michelle Yagoda, a New York City-based plastic surgeon who has worked with Marcia Gay Harden and Talia Balsam. "Coconut oil's moisturizing properties will soften cuticles, while its anti-fungal properties will wipe-out any hint of fungus."



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7. Raw honey

"The best way to soothe the skin properly and rapidly is by using 100-percent raw honey," says facialist and skincare expert Ildi Pekar, who works with supermodels like Miranda Kerr, Irina Shayk and Lindsay Ellingson. "Honey can be used as a lotion to soothe the skin, as a catalyst to expedite a healing process or as a face mask. It can reduce tightness, pain, redness and inflammation as well as keep your skin moisturized."



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Try this hydrating mask (it's perfect for sunburned skin).

- ½ banana smashed
- 3 teaspoons of raw honey
- 3 teaspoons of sour cream or yogurt (with fat!)

1. Blend the ingredients.
2. Apply to face.
3. Sit for 15 minutes.
4. Rinse with cool water.

8. Apple cider vinegar

"Apple cider vinegar is perfect for clarifying hair," says hairstylist Lauren Hack of the salon Lauren+Vanessa, whose salon works with clients like Molly Sims, Eva Longoria and Susan Lucci. "Simply mix four parts water to one part vinegar in a spray bottle. Spray your scalp well and work into your hair with your fingers. Allow the vinegar mixture to sit for three minutes and then rinse with cool water. Follow with a light conditioner and rinse well."



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9. Olive oil

"I accidentally spilled olive oil while cooking a few years ago and it was a mess to clean up. I got it everywhere. Naturally, it was all over my hands. The next day, even after my shower, my hands were so soft and my cuticles were so hydrated. Now I use it on my feet in a pinch when I run out of my regular lotion," says manicurist Erica Marton, who works with Rashida Jones, Mary Louise Parker and Bette Midler. "If you want to be a little fancy, I would recommend heating up a little olive oil and squeeze half of a lemon. Soak your nails for about 10-15 minutes in the mixture, then put on cotton gloves for at least an hour. The heat will help it penetrate into the nails, skin and cuticles."



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10. Banana

"My mom used pureed banana in my hair when I was younger to help with dryness from the chlorine-filled pool. It worked, but I smelled like a banana for week," Marton says. "However, I recently tried a banana 'mask' on my feet and it was so nice! I left it on for about 15 minutes to help with the dryness. I would recommend pureeing three bananas and coating your problem areas (heels, pad of foot and big toe) then rinsing off and applying lotion or olive oil."



PATRICK KOVARIK / AFP/Getty Images

11. Sugar

"Sugar is great — especially if you find an organic version with bigger crystals. I use it as a lip scrub after mixing it with Vaseline," says makeup artist Angelique Velez, who works with clients like Dascha Polanco from "Orange is the New Black." "You can also use it as a hand or foot scrub after mixing it with olive oil."



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12. Cherry Jello-O

"Add a dash of powdered Jello-O to Vaseline for the most beautiful lip balm! It's an amazing color for rosy cheeks or the perfect pouty lips," says makeup artist James Vincent, who works with celebrities like Joan Jett, Gina Gershon, Liv Tyler and Jane Fonda.



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13. Cornstarch

"I use cornstarch as a great, gluten-free alternative to [talc powder](#) like Baby Powder," says makeup artist Karim Orange, who was nominated for an Emmy for her work on "The View."



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14. Coffee beans

"Coffee beans are great for *everything*. Grind them coarse for a body scrub (mixed with coconut oil). Grind them fine with a drop of water to fill in eyebrows," says Orange, who works with Mary J. Blige.



Kitjanat Burinram / EyeEm / Getty Images/EyeEm

15. Fresh berries

"Mash raspberries and cherries together for a great lip and cheek stain. Beet's work great as well, but they tend to stain more easily," she adds.



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The best part of these beauty hacks? If you have any extra, you can just eat them!