

Diet shockers! 6 'bad' foods that will help you drop pounds and get healthy

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Papaya brightens your complexion by sloughing away dulling dead skin cells.

fruit's same smoothing benefits. For body, we like Body Systems Papaya Hibiscus Sugar

Scrub (\$5 for 2 ounces; body-systems.net), which helps keep skin smooth with the help of nourishing kukui- and macadamia-nut oils.

7. Slough dry, rough skin with sesame seeds.

We love them on rolls, in sushi and in hummus. And as a beauty booster, crushed sesame seeds are rich in hydrating fatty acids. Shizuka Bernstein, owner of Shizuka Spa in New York City, mixes them with olive oil in her Sakura Pedicure (\$50; shizuka.ny.com). "The hard outer parts of the seed scrub away rough skin and the oils soften it," she explains. At home, mix 2 teaspoons of sesame seeds with 2 tablespoons of olive oil (or your favorite body wash) and use the same way. Another way to snag the benefits: Massage in Neutrogena Body Oil (\$10; ulta.com), made with pure sesame oil, to damp skin.

8. Rev up your hair's radiance with baking soda.

It's no secret that baking soda has seemingly a million uses around the house — from absorbing bad odors in your fridge to cleaning pots and pans. But it can also gently cleanse hair. Try combining 1 tablespoon of it with a dose of shampoo, then lather up as usual, suggests Myrna Beardshear, spa director at Red Mountain Spa in St. George, Utah, where they use baking soda as a clarifier to rid dulling product buildup. You can also try Suave Daily Clarifying Shampoo for Normal to Oily Hair (\$4; at drugstores) with baking soda already in it.

9. Deep condition with olive oil.

It serves as a healthy cooking tool that benefits your heart — and in beauty, olive oil is beneficial too, especially for hair. Steve Ellis, a spa therapist at The Spa at the Four Seasons Resort in Scottsdale, Ariz., uses the luster-booster in soothing scalp treatments like the spa's "I Love The Massage Treatment" (\$70 for

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45 minutes; fourseasons.com/scottsdale). On your own, Ellis suggests applying olive oil as a deep conditioner on clean, towel-dried locks. To help it penetrate, put on a shower cap and wrap a damp microwave-heated terry towel around it. After 20 minutes, shampoo out. Or opt for Avon Planet Spa Mediterranean Olive Oil Conditioning Hair Mask with olive oil and olive leaf extract (\$6.50; avon.com).

10. Find a whole new use for that avocado pit.

Okay, we know this sounds a bit odd, but when you finish eating your next avocado, save the round pit and use it as a foot roller (it really works!). "Rolling your soles over the pit gives you the benefits of a reflexology treatment because it will massage key stress-relief points," explains Michelle Hill, spa director for the Spa at Rancho Valencia in San Diego, whose Full-Body Reflexology (\$125; ranchovalencia.com) is one of the spa's most-requested treatments.



Chocolate is a delicious treat — and good for skin too.