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SKIN TYPE Blotchy
ANTIDOTE Lightening mask
PRODUCT Protective
Nourishment Blueberry
Scrub Mask
KEY INGREDIENT Blueberries

Most lighteners contain lab-engineered hydroquinone, which is effective at lightening freckles and brown spots but can be irritating. A milder, chemical-free alternative is blueberries and their leaves, which contain arbutin, a natural hydroquinone that has been shown to inhibit melanin. (The trade-off: Results take longer to appear.) This mask also evens out complexions by exfoliating in two ways: chemically with L-lactic acid, and physically with blue cornmeal and polyethylene beads.