Natural Beauty

Buzzworthy: Honey

The sweet stuff has been used in beauty routines since ancient times, and for good reason. “Anyone will benefit from implementing honey into their routine because of its antibacterial and moisturizing properties,” explains Whitney Bowe, MD, a celebrity dermatologist in New York City. Stock up on these indulgent items:

Honey is packed with enzymes that help clarify skin and keep pores clean of dirt and oil.

Suave Professionals Honey Infusion 10-in-1 Leave-In Conditioning Cream ($5; walmart.com)
Manuka Doctor Replenishing Facial Oil ($43; amazon.com)
Le Petit Marseillais Extra Gentle Shower Creme Lavender Honey ($5; at drugstores)

3,000

Having trouble reaching 3,000 daily steps? As long as you bang out 3,000 at a brisk pace (3 mph or faster), you can still reap plenty of benefits, including improvements in blood pressure, cholesterol, and fasting glucose and insulin.

SOURCE: Medicine & Science in Sports & Exercise

Sleep More, Eat Less

Experts have long known that skimping on z’s may lead to overeating, and a new review published in European Journal of Clinical Nutrition has pinpointed how much. Folks who slept for 3½ to 5½ hours per night ate an average of 385 more calories the next day than those who slept for at least seven hours. It could be because lack of sleep can disrupt hunger hormones, or perhaps tired folks simply have more of an urge to munch, says study author Gerda Pot, PhD.

Food for thought: the next time you’re tempted to stay up with your latest Hulu obsession.