So Fresh: avocado!

Eight ways this superfruit can make you look beautiful all over. By *Amanda Doyle*

Hair Rx

Burt's Bees Avocado Butter Pre-Shampoo Hair Treatment ($9; burtsbees.com) gives overworked hair a major boost. Just comb it through wet strands from roots to ends, then let it sit for five minutes before shampooing.

Hand helper

The fast-absorbing avocado oil in **Tocca Crema da Mano in Florence** ($8; tocca.com) leaves you with soft, smooth hands, while the subtle rose scent will have you reaching for this lotion after every wash. A skin win!

Moisture mash

Face feeling dry all over? Slather on **Juara Avocado Banana Moisture Mask** ($37; juaraskincare.com), then sit back and relax as the mix of avocado and banana work to hydrate. It's like a smoothie for your skin—minus all the blender work.

Makeup lifter

Jo Malone Avocado Cleansing Milk ($45; jomalone.com) dissolves makeup as soon as it touches your face, so late-night washing is quick and easy. The soothing avocado formula feels silky, too.

Easy on the eyes

Kiehl's Creamy Eye Treatment with Avocado ($26; kiehls.com) naturally hydrates the sensitive eye area. We love that the cream's quick-drying formula doesn't cause mascara or eyeliner to smudge.

Pucker upper

Applying color to dry lips can be a flaky mess. To the rescue: Avocado-infused **Pixi Succulent Lip Twin** ($18; target.com), which has a moisturizing lip balm and lipstick in one little tube.

Nail nourisher

When there's no time for a mani, neaten up dry cuticles with one quick swipe of **Decléor Aromessence Ongles Strengthening Concentrate for Nails** ($52; decleordirect.com). Simply massage this avocado-rich oil over the whole nail area for instant shine.

HOLY GUACAMOLE!

Go ahead, indulge. Avocado is loaded with benefits. "Bite for bite, avocado is rich in mono- and polyunsaturated fats. Plus, it's loaded with vitamins A and C, and important nutrients like potassium and iron," says Kate Geagan, RD, author of *Go Green, Get Lean*. What does that mean for your skin and hair? The essential fats add luster and shine to locks, and hydrate and nourish your skin. A delicious way to look gorgeous!