

It might come as a surprise to many, but the new trend in anti-aging creams comes -- right out of the kitchen.

Kristin Perrotta of Allure Magazine filled in **Early Show** viewers on this latest beauty craze.

Increasingly, women can treat fine lines, sunburns, dullness and splotches with ingredients you might not expect. Dietary substances known to be good for the complexion are sometimes better applied topically than ingested -- you can get higher concentrations in the skin this way.

With these new products, you will get similar results as with other anti-aging products out there without food ingredients, but these new products are more natural (using food extracts) and are great for those with sensitivity to regular anti-aging face products. Companies are always looking for new and easier ways to make products with anti-aging ingredients that the skin can tolerate. Food based is a great option!

Don't expect super quick results. Just like any anti-aging products most dermatologists say wait 3-6 months to see results. To have lasting results use regularly. For products that are more antioxidant based like the apple it is best to use that in the morning and sometimes night. For products that have exfoliating components (such as rice) it is best to use at night because it can make your skin more sensitive to the sun.

MUSHROOMS

All mushrooms are packed with compounds such as lipids, proteins and are rich in vitamins and amino acids-there is also new evidence that they have strong antioxidant and tumor-inhibiting properties when applied topically. Mushrooms can help prevent the breakdown of collagen and elastin-which keep your skin firm and plump. These products are great for all around anti - aging. This is good to use before the sagging starts or once you see your skin starting to age.

Aveeno Positively Ageless Rejuvenating Serum, \$19.99 (Drugstore) -- Helps reduce fine lines and with the breakdown of collagen and elastic

Remergent Clarifying Concentrate, \$65.00-There is a super-potent antioxidant that comes from mushrooms, so this helps with fine lines and dark spots

RICE

Japanese women have been using rice in cleansers and creams to prevent aging for centuries. The key ingredient is Pitera-an extract derived from the fermentation process-it encourages cell renewal and moisture retention. Workers that distilled sake have youthful looking hands-which inspired some of these rice products. Rice works like glycolic acid-by exfoliating the skin, which can help with fine lines and it also can help absorb excess oil on the skin. These product are great for people who have problems with dull skin or fine lines around the eye area because it acts as an exfoliant. It releases the dead skin cells making for a more youthful face.

Garnier Nutritioniste Ultra-Lift Anti-Wrinkle Firming Serum, \$14.99 (Drugstore)-This helps increase collagen production

L'Occitane Foaming Rice Cleanser, \$18.00-This is great because the rice helps to soak up excess oil on the skin

APPLES

There's scientific proof behind the adage 'an apple a day'-Phloretin is a powerful antioxidant that only comes from the skin of an apple. It is one of the few that can be absorbed into the skin, neutralizing a large number of free radical species and reducing inflammation and hyperpigmentation. These products are great for people with problems with sun damage

SkinCeuticals Phloretin CF serum, \$150.00 -- This does more than just neutralize free radicals, it helps reduce inflammation and hyper-pigmentation

Decléor Expression De L'Age Radiance Smoothing Cream, \$77.00-This helps stabilize retinol, it contains a time release formula, which is potentially less irritating than other retinoids.

LICORICE

Licorice has long been thought to have a direct effect on the creation of melanin, fading discoloration-and now research shows that it can help greatly reduce inflammation as well, which can help those with conditions like psoriasis and dermatitis. The phenols in licorice have also been shown to cause cell termination in cancer cells-this is a very exciting discovery. These products are great for those with sun damaged skin, but it also goes a step further. It can protect from skin cancer by basically making pre-cancerous cells to die. This ingredient holds a lot of hopes for the future.

MD Skincare Hydra-Pure Redness Smoothing Serum, \$85.00-This is great for after sun, it helps fade dark spots, reduces inflammation and may cause reduction in cancer cells

EmerginC Multi-Vitamin + Retinol Serum, \$79.00-This is a 1-2 punch for those with hyperpigmentation

POMEGRANATE

We all know about POM juice and its antioxidant power, and we've been using them on the face to fight free radicals, but now there is new hope for damage that causes dark spots. Experts also believe that the extract may soothe the skin after too many hours in the sun-it helps decrease redness caused by sunburns. These products are excellent for use every morning helping to protect your skin from sun. They also increases the productivity of sunscreen and if you do get a sunburn helps with redness.

Estée Lauder Nutritious Vita-Mineral Moisture Lotion, \$36.00 -- Great for dark spots, non-irritating

Murad Waterproof Sunblock SPF 30, \$29.00-This sunblock is great as it prevents dark spots and treats them at the same time

DURIAN FRUIT

This tropical fruit grows in hot, humid climates, and people eat it because its sugars attract water into the cells -- so you maintain better hydration within the body. When applied topically-the skin remains hydrated for longer because the moisture is continually being drawn to the cells. This is great for people with dry skin. It helps retain huge amount of moisture helping your skin cells plump up making wrinkles less obvious.

Murad Intensive Wrinkle Reducer for Eyes and Intensive Resurfacing Peel -- \$90.00-This could be the 'next big thing' as Murad was one of the first to talk about Pomegranate's benefits to the skin. With this product, skin stays hydrated for longer, and holds moisture much better (fruit is grown in a hot, humid climate).