

The Powder Room

BEAUTY BLOG

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Beauty's newest superfood: Pumpkin pops up in treatments across the city

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'Tis the season for pumpkin – and it's not just for spiced lattes anymore.

The superfood squash is making its seasonal appearance in spas across the city, in the form of sweet-smelling face masks, moisturizers, exfoliants and more.

At celebrity facialist Joanna Vargas' midtown oasis, an avocado and pumpkin puree mask is part of the **Superfoods Facial**, new for fall. It's also used with yam in a super-exfoliating deep peel. At a recent visit, she explained that pumpkin "hydrates from the inside out." Not only is it mega-moisturizing, but pumpkin's enzymes help stave off free radicals and replenish skin.

On the Upper East Side, it's the key ingredient in Dr. Stafford Broumand's **Power Pumpkin Resurfacer**, a six-step treatment that hydrates and soothes skin, while reducing redness. Dr. Broumand claims the pumpkin erases summertime damage and "works wonders" on aging skin.

Sister spas Townhouse and Acqua Beauty Bar also understand the power of pumpkin — it's used in an exfoliating enzyme scrub in both the **VeryBerry Glo** and **Ultra Luxe Age Control** facials.

And lest you think the Vitamin A-packed pumpkin is only good for skin, celebrity hair colorist Kyle White of Oscar Blandi has a recipe to tame your tresses into submission this fall. Just like bananas, pumpkin is high in potassium, which helps hair grow. And Vitamin A – which is often added to hair products – replenishes the scalp. Here's the recipe for his **Pumpkin Hair Conditioner**:

Ingredients:

- 2 cups pumpkin (chopped and cooked)
- 1 tablespoon coconut oil
- 1 tablespoon honey
- 1 tablespoon yogurt

Directions: In a food processor or blender, puree the pumpkin and yogurt. Next, add the coconut oil and honey ensuring that the mixture is smooth. Apply the mixture to damp hair. Cover hair with a plastic cap, and let it sit for fifteen minutes. Wash out thoroughly using your everyday shampoo and conditioner, and style as usual.

