

magnificent mushrooms

The use of mushrooms in skin care is on the rise, and that's because fungi are a great source of antioxidants. They retain water for intense hydration and have healing and anti-inflammatory properties. Here are some of the mushroom-infused products we love.

PHOTOGRAPHY MELANY BERNIER
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1

A few spritzes of this mist, which contains reishi mushroom, ashwagandha herb, and peptides, is enough for you to feel the benefits of its hydrating, calming and refreshing formulation.

YOUTH TO THE PEOPLE
 Adaptogen Soothe + Hydrate Activated Mist, \$55, sephora.ca.

2

Tremella, or snow mushroom, is known for its hydrating effects on the skin. When combined with squalane and rose water, it creates a gentle cleanser that removes makeup while restoring suppleness to the visage.

HERBIVORE BOTANICALS
 Pink Cloud Rosewater + Tremella Creamy Jelly Cleanser, \$32, sephora.ca.

3

Makeup remover, cleanser, mask: It's hard to beat this butter-to-oil-to-milk multitasking product that features snow mushroom, rosehip and lavender essential oil.

LILAH B. Aglow Cleansing Butter, \$58, sephora.ca.

4

The bamboo in this mask exfoliates and opens pores, preparing them to receive maximum hydration from snow mushroom—which can hold up to 450 times its own weight in water.

DERMALOGICA Hydro Masque Exfoliant, \$85, dermalogica.ca.

5

This nourishing mask from Canadian brand AG Hair is silicone-free, has a 98-percent plant-based formula and contains snow mushroom extract, meaning your hair will be intensely moisturized from roots to tips!

AG HAIR CARE Nourish Mask, \$26, chatters.ca.

FUN FACT

Mushrooms as skin-care additives are relatively new in Western society, but traditional Chinese medicine has been using the ingredient for thousands of years!