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Shopping tip of the day

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If you are what you eat, using Be fine food skin care products means you're also what you put on your skin. The Newton company offers a menu of vegetarian goodies, beginning with "The Refreshing Starter Course" of cleansers, toners, and scrubs. "The Nourishing Main Course" of moisturizers and creams includes a daily moisturizer (SPF 15) made of pomegranate extract, rice bran protein and oil, and rosemary leaf extract and oil (\$19.99). Yum. "The Indulgent Final Course" offers masks and more. Products are made in the United States with paraben-free preservatives, allergen-free fragrances, and 181 natural food ingredients. Hungry?



Available at CVS stores and from the company at 888-923-3463. befine.com
(Text by June Wulff, Globe Staff)

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