

FamilyCircle

Our Favorite Pumpkin Beauty Products

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Why You Should Be Using Pumpkin Products on Your Skin

The truth is out—pumpkins are not just for carving (although we do love a good jack-o-lantern!). The classic orange gourd has many beauty benefits, says **Dr. Ava Shamban**, Beverly Hills dermatologist and founder of SKINxFIVE.

Pumpkin has a ton of antioxidants, which are super important for the overall health of skin. It also contains vitamins A, C and E, which help with cell turnover, increase collagen production and can brighten the overall skin tone, says Shamban.

So after you indulge in a pumpkin spice latte—'tis the season!—slather on some pumpkin-infused or even just scented products. Scroll through to see our favorites!

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