

Get gorgeous skin all over!

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Health

A breathing
trick that
boosts your
memory

Healthy Looks

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UPCLOSE

WITH BEAUTY & FASHION
EDITOR COLLEEN SULLIVAN

My favorite skin
booster: a brisk
15-minute walk
around the block.
It gives my face
a natural-
looking flush.

{ LOVE IT! }

A zen face mask

When the kids
go to bed, I
decompress with
my favorite facial
mask: Aveda's

Outer Peace Cooling Masque
(\$35; www.aveda.com). It
has calming essential oils
like lemon tea tree and aloe.
Slather on clean skin, leave it
on for 10 minutes, then rinse.



Stressed? How to keep your face from showing it

If you've got tired eyes and a furrowed brow,
we've got tricks to make it all go away

EVEN THE CASHIER at my local Whole Foods told me, "Boy, you look exhausted." This time of year, I'm stressed—and it shows. My face is dry, my frown lines are deepening as I write this, and my eyes are half-closed. What to do (short of a weekend at a spa)? I asked the experts for de-stressing solutions.

Issue 1: Tired-looking eyes

Expert fix: A dab of powder or liquid highlighter on cheekbones. "The light bounces off the highlighter and into your eyes, making you look more awake," says Dena Wiseman, creative director of Bodyography Cosmetics. Place a bit of highlighter on apples of cheeks toward outer corners of eyes. Then, sweep some under the arch of each brow. Try: Benefit High Beam, shown below (\$22; www.benefitcosmetics.com).

Issue 2: A parched complexion

Expert fix: A hydrating spritz. Products like Evian Brumisateur Facial Spray, shown below (\$15; www.drugstore.com) "will refresh skin and create a natural glow," says Doris Day, MD, assistant clinical professor of dermatology at New York University Medical Center. Or try a spray containing vitamins, antioxidants, and minerals, like Laura Mercier Essential Water (\$30; www.lauramercier.com).

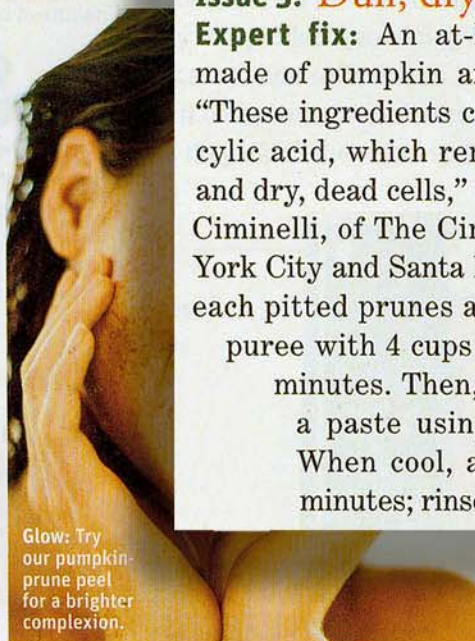
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Expert fix: An at-home peel made of pumpkin and prunes. "These ingredients contain salicylic acid, which removes oils, and dry, dead cells," says Susan Ciminelli, of The Ciminelli Spas in New York City and Santa Barbara. Heat ½ cup each pitted prunes and canned pumpkin puree with 4 cups water on low for 30 minutes. Then, puree mixture into a paste using a food processor. When cool, apply to skin for 30 minutes; rinse with cool water.

Glow: Try our pumpkin-prune peel for a brighter complexion.



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Issue 4: A furrowed brow

Expert fix: Acupressure. New York City licensed acupuncturist Kymberly Kelly, suggests pressing one finger to the inside edge of your brow, working your way to the end; hold three seconds. Repeat three times on each eye, then do the same to the bone beneath your eye. Finish by pressing on temples for three seconds. ☸

