

REAL SIMPLE

life/home/body/soul

The easiest Thanksgiving ever

- What to make, what to fake
- Pullout shopping list
- 60-second centerpieces
- Look your best in minutes

plus
His-and-hers
money solutions

Shrug it off:
6 ways to
relax your
shoulders



BEAUTY

Body Polish

Let your skin shine this winter with the weekly scrub that works best for you

THE TIP

For an ingerscent scrub, Susan Clinelli, of the Susan Clinelli Day Spa in New York City, suggests mixing two cups of coarse spices with one cup of olive, grape-seed, or almond oil.

LIKE SLICK HIGHWAYS and hot chocolate, rough patches of skin are part of winter. The cold, dry air outside (to say nothing of the hot, dry air inside) leaves your arms, legs, shoulders, and back feeling parched and chafe. The toughened texture is from accumulated dead skin cells, which need to be exfoliated, and a body scrub is your best bath-time (or shower-time) bet for smoother, less blotchy, less itchy skin. According to Laurie Ellis, a New York City dermatologist, body scrubs increase cell turnover and can lead to better skin tone, texture, and clarity.

Which Scrub Will Rub You the Right Way

Real Simple picks the best body scrubs for sleek, smooth skin

SALT SCRUBS

Salt is coarse but soluble, and softens without abrading, but since it draws water from the skin, make sure the salt is buffered by an oil.



Susan Clinelli Body Buff (\$45, 800-332-9772) has just the right combination of salt and oils and leaves skin soft and hydrated, with the lingering scent of rosemary and lavender.



For a eucalyptus aroma and a finer-grain exfoliant, try Bath & Body Works There's the Rub Salt Scrub (\$24, 800-395-1001 for store locations).



Pacifica Organic Honey Sugar Glow (\$28, www.pacificanaturalskincare.com) is a blend of sugar, salt, and honey that sloughs away dry patches and leaves behind supple, sweet-smelling skin.



For a floral confection, try Lucky Chick Mimosa, jasmine & Violet Sugar Body Scrub (\$22, 800-320-0800).

ENHANCED SCRUBS

In these products, added hydroxy acids, such as salicylic acid, chemically exfoliate, while the scrub's gritty texture physically smooths.

BEADED-LATHER SCRUBS

If you prefer suds with your scrub.

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