

MEET THE INSTRUCTOR

KC's Style + Beauty Essentials

4 MONTHS AGO

NYC instructor KC SKLAR shares her style and beauty must-haves, including a mascara that lasts through SOUL, her go-to shoes, and the breakfast that energizes her...



[...]

IN THE SHOWER I KEEP...

More products than I should probably admit. Right now, I'm using Peter Thomas Roth Mega-Rich Body Cleanser. It has a subtle citrus scent and doesn't over-dry my skin. For my face, I keep a jar of Susan Ciminelli Algae Deep Cleanse and GOLDFADEN MD Doctor's Scrub. I rotate between three sets of shampoos and conditioners, so those are all in there, too. And I'm a huge fan of baths, so I keep bath oils (like Jo Malone) in there, too, along with Epsom salts – great for sore muscles.

[...]

