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JANUARY 19, 2010...9:44 AM

Susan Ciminelli Sensitive Skin
Formula with Cypress, Basil, and
 Petitgrain, \$110,
www.susanciminelli.com



Want supple skin? Strike with oil

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One of the best pieces of skin-care advice I ever got was also one of the most counterintuitive: Slick my skin with oils. Not just my body. My face. That is, if I wanted to age like Dorian Gray (or just protect my skin from losing its natural luster).

I took some convincing, so I understand why, when I say I'm now an oil-slathering convert, and use oils twice a day under my moisturizer, it often provokes a violent head-shaking reaction. But before you say, "No way, I will break

out!" Check to see if you're not already using one. Your skin-care brand may have just called it a "serum" because you'd never buy it otherwise.

I get that my fanaticism flies in the face of what conservative dermatologists and Neutrogena commercials advise. But here's some of the reasoning that's made me an oil addict culled from dozens of interviews with chemists, facialists, aromatherapists, and formulators.

•The smaller oil molecule (I'm talking jojoba seed, grapeseed, rosehip seed, apricot kernel, black currant seed, and more) can penetrate into the skin and nourish it. Creams can't.

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