

# BEAUTY OUR WAY

BEAUTY // FASHION // STYLE //



Get  
Summer-  
Ready!

If you're stressed about baring dry, sun-starved skin this beach season, don't be. We tapped the pros for the best in-office and at-home procedures to get you **primed and prepped in no time.**

BY CORINNE GRIFFITH-COLE

PHOTOGRAPH: ISTOCK.

## BODY

### THE PROBLEM: ROUGH, DRY SKIN

**THE FIX:** Moisturize, moisturize, moisturize, says NYC plastic surgeon, Dr. Mark Schwartz. “Products containing hyaluronic acid are especially helpful since [the molecule] binds moisture—up to 1000 times its weight in water.” Rachel Roff, founder of Urban Skin Rx, recommends using a rich body lotion with 10-20 percent glycolic acid every day or every other day, depending on your skin’s sensitivity. “Glycolic acid exfoliates dead skin and reveals a smoother, more even skin tone. It is also the best ingredient for controlling Keratosis Pilaris, those small, unsightly bumps that are common on the backs of arms and thighs.”

### THE PROBLEM: HAIR

**THE FIX:** If you’re still waxing or shaving, consider getting laser hair removal. Clear + Brilliant pélo removes hair and cools the skin to cut down on pain. “The treatment time is short, taking less than one minute for underarms or the bikini area, and less than 30 minutes to treat full legs,” says Tania DaSilva, Brand Manager at Solta Medical. It’s safe for all skin tones and types but if your skin is sensitive, or you are prone to hyperpigmentation or scarring, let your technician know. Price: from \$150 for the bikini area to \$1600 for full legs (five to six sessions are recommended). To tackle pigmentation marks from old ingrowns and bumps, try using a serum or cream with fading and exfoliating ingredients like kojic acid and retinol, says Roff.

### THE PROBLEM: ACNE

**THE FIX:** Back or butt acne can make even the most confident chica shy away from a teeny bikini. To get your strut on, Roff recommends washing daily with a sulphur-based cleanser—which kills acne-causing bacteria and heals inflamed pimples—and wiping the area once to twice a day with skin clearing pads containing glycolic and salicylic acids. “The butt and back have the thickest skin on the whole body,” says Roff, “so you might want to get a professional exfoliation treatment every few months.”



↑  
PAULA'S CHOICE RESIST SKIN REVEALING BODY LOTION 10% AHA, \$28, paulaschoice.com

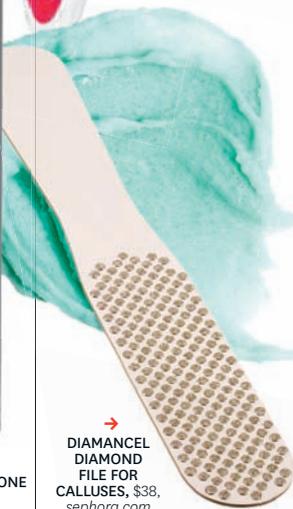


↑  
DERMAFLASH FACIAL EXFOLIATING DEVICE, \$189, dermstore.com



↑  
URBAN SKIN RX EVEN TONE NIGHT TREATMENT \$68, urbanskinrx.com

↓  
OLE HENRIKSEN RUB N' BUFF TRANSFORMING SALT SCRUB, \$44, olehenriksen.com



→  
DIAMANTEL DIAMOND FILE FOR CALLUSES, \$38, sephora.com



→  
PHILOSOPHY CLEAR DAYS AHEAD OVERNIGHT REPAIR SALICYLIC ACID ACNE TREATMENT PADS, \$42, philosophy.com

### THE PROBLEM: CELLULITE

**THE FIX:** Everyone we asked said creams and scrubs aren't particularly effective. There is, however, a lot of buzz around Cellfina, an in-office procedure that treats the rubber-band-like connective tissue underneath the skin on thighs and bums. (When fat pokes through those bands, they become weakened, or stretched and create dimpling.) “Cellfina is the gold standard in long term cellulite correction,” says plastic surgeon Dr. Julius Few. “It is minimally invasive, performed under local anesthesia in less than an hour, and the results can be seen immediately.” Price: \$3000-\$6000 per session and results are said to last at least two years.

## FACE

### THE PROBLEM: PEACH FUZZ

**THE FIX:** Feel like everyone's staring at your 'stache when you're sipping your poolside margs? There's a gentle way to wipe away facial hair from your cheeks, jawline, lip area, chin, and forehead. “Dermaflash uses an edge specially designed for the delicate skin on a woman's face to simultaneously exfoliate and remove peach fuzz,” says Dara Levy, the tools' inventor. “It also helps even skin tone, allows skin care products to better penetrate, and creates a perfect canvas for makeup, allowing it to go on more evenly.”

## FEET

### THE PROBLEM: SANDPAPER-LIKE SOLES

**THE FIX:** If you haven't been getting regular pedis all winter (no judgment), start by sloughing off dry skin, right in the shower, says Danielle Candido, Morgan Taylor Lacquer and Gelish Lead Educator. A good scrub with essential oils will exfoliate rough skin, smooth calluses and hydrate. “Invest in a quality foot file with two different grits—course/fine or medium/fine—and use it once a week while showering,” says Candido. Post-shower, dry your feet well and massage with a shea butter foot lotion for at least 60 seconds. “The warmth created by the massaging helps the emollient penetrate.”

## FAKE A BANGIN' BOD FAST WITH THESE FAB FINDS.

→ Panarea Couture's Valentina One Piece Seventy, \$280, panareacouture.com offers a silhouette-slimming pattern and tummy control.



→ Guerlain Terracotta Jolies Jambes, \$60, sephora.com blurs leg imperfections and adds a bronze tint.



→ For toes that are less than pedi-perfect, deep, bold shades are more forgiving than pastels and neutrals. Morgan Taylor Nail Lacquer in Woke Up This Way, \$9, morgantaylorlacquer.com

