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Home / Skin Care / The Just-for-You Checklist to Revive Your Skin, Hair, and Body

## Beauty



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# The Just-for-You Checklist to Revive Your Skin, Hair, and Body

At this point in the year, anything you can do on a daily basis to bring yourself back into your body and out of your head should deliver resounding benefits. Breathing through a short yoga flow, going for a brisk walk, taking two minutes to massage your limbs, running through an easy skin-care routine, taking a bath—all transmit the same stop-what-you're-doing-and-take-time-for-yourself message. From magic face oil and silyfying body butter to shine-boosting hair serum, these exquisite essentials leave every inch of you glowing, pampered, and deeply replenished.

## 1 FACE

### SWEEP AWAY DEAD SKIN CELLS

Exfoliate a few times a week and the difference in your skin—more luminous, more alive, smoother—jumps out at you. Glycolic acid and physical exfoliating minerals in Microderm gently smooth away makeup, oil, dead cells, and late nights (which truly do your skin no favors), leaving your skin instantly brighter, softer, and practically pore-less.



goop Beauty  
**GOOPGLOW MICRODERM INSTANT GLOW EXFOLIATOR**  
goop, \$125/\$112 with subscription  
[SHOP NOW](#)

### FLOOD SKIN WITH ANTIOXIDANTS

The antidote to dull, tired skin, the powerful antioxidant vitamin C brightens, smooths, illuminates, firms, and tones—and it works for every skin type. For most people, this daily treatment makes a noticeable change in skin in under a week, but the benefits keep going long-term, too. It's the best way we know to wake up skin—and to protect it from environmental aggressors at the same time.



goop Beauty  
**GOOPGLOW 20% VITAMIN C + HYALURONIC ACID GLOW SERUM**  
goop, \$125/\$112 with subscription  
[SHOP NOW](#)

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### MOISTURIZE (AND MOISTURIZE SOME MORE)

Deeply hydrate your skin on a regular basis and radiance returns, wrinkles appear less noticeable, and the need for makeup lessens considerably.

### Humectants

Humectants, found in ingredients like aloe, hyaluronic acid, and glycerin, are molecules that attract water. With a light consistency, they sink immediately into skin, so they're excellent for all skin types (even super oily), and they layer beautifully under more heavy-duty moisturizers as a base.



Dr. Barbara Sturm  
**HYALURONIC SERUM**  
goop, \$300  
[SHOP NOW](#)

Dr. Barbara Sturm  
**ALOE VERA GEL**  
goop, \$70  
[SHOP NOW](#)

### Lotion

Light and full of brightening vitamin C, this delicately textured but powerful daily moisturizer works for every skin type.



goop Beauty  
**GOOPGLOW GLOW LOTION**  
goop, \$58/\$52 with subscription  
[SHOP NOW](#)

### Rich Cream

With more occlusive ingredients that hold water in skin, this gorgeously thick, whipped cream nourishes deeply to bring life back to all skin types.



goop Beauty  
**GOOPGENES ALL-IN-ONE NOURISHING CREAM**  
goop, \$95/\$86 with subscription  
[SHOP NOW](#)

### Face Oil with Bakuchiol

This gives an instant glow, beautiful moisture, and, long-term, a gorgeous antiwrinkle and brightening effect from bakuchiol, a natural retinol alternative. For some skin, it's great on its own; for drier skin, it helps lock in moisture when layered over cream. It's also brilliant to pat over makeup to revive midday.



goop Beauty  
**GOOPGENES ALL-IN-ONE SUPER NUTRIENT FACE OIL**  
goop, \$105/\$99 with subscription  
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### Velvety Balms

Balms are the richest option, melting into skin like an oil and depositing soothing and occlusive ingredients.



Oshoko  
**SUBLIME BALM**  
goop, \$83  
[SHOP NOW](#)

Futuna Skin  
**RINASCITA DELLE OLIVE REPLENISHING BALM**  
goop, \$185  
[SHOP NOW](#)

## 2 HANDS

This new intensely nourishing, firming hand cream leaves skin almost impossibly baby soft. The blend of jojoba, cupuacu butter, and shea smells fresh, melts in like a dream, and makes us wish we had a cute tube stashed in every single bag, glove compartment, and bedside table we encounter from here on out.



goop Beauty  
**GOOPGENES NOURISHING HAND CREAM**  
goop, \$25/\$23 with subscription  
[SHOP NOW](#)

## 3 LIPS

Supple, plumped-with-moisture lips give your whole face a boost and feel as youthful as they look. A swipe of the lip balm from goop—we love the new, sheer pigmented ones as much as we do the OG clear one—deposits a layer of cushiony jojoba, castor, and coconut oils that lasts for hours and leaves lips silky, soothed, and plush.



goop Beauty  
**GOOPGENES CLEAN NOURISHING LIP BALM**  
goop, \$20  
[SHOP NOW](#)

goop Beauty  
**GOOPGENES CLEAN NOURISHING LIP BALM TRIO**  
goop, \$42  
[SHOP NOW](#)

## 4 BODY

A whole-body check-in, at least twice a day, can shift your energy, your mood, and the state of your skin.

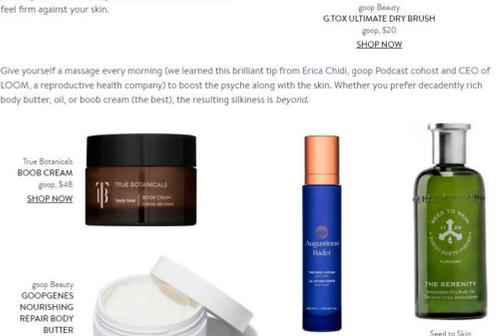
### MORNING

Dry brushing invigorates the senses, smooths away roughness, and kick-starts the day. Sweep the brush up your legs and arms (in the direction of your heart), pressing down hard enough that the natural sisal bristles feel firm against your skin.



goop Beauty  
**G:TOX ULTIMATE DRY BRUSH**  
goop, \$20  
[SHOP NOW](#)

Give yourself a massage every morning (we learned this brilliant tip from Erica Child, goop Podcast cohort and CEO of LOOM, a reproductive health company) to boost the psyche along with the skin. Whether you prefer decadently rich body butter, oil, or boob cream (the best), the resulting silkiness is beyond.



True Botanicals  
**BOOB CREAM**  
goop, \$48  
[SHOP NOW](#)

goop Beauty  
**GOOPGENES NOURISHING REPAIR BODY BUTTER**  
goop, \$55/\$50 with subscription  
[SHOP NOW](#)

Augustinus Bader  
**THE BODY LOTION**  
goop, \$95  
[SHOP NOW](#)

Send to Skin  
**THE SERENITY TIME DEFYING DRY BODY OIL**  
goop, \$162  
[SHOP NOW](#)

### NIGHT

One of GP's favorite rituals (she tries to do it every evening) is to light a candle, pour "The Martini" (a time-stopping blend of Epsom salts and passionflower) into a warm bath, and soak—eyes closed—for a good twenty minutes.



goop Beauty  
**"THE MARTINI" EMOTIONAL DETOX BATH SOAK**  
goop, \$25  
[SHOP NOW](#)

Flemings Estate  
**THREE SISTERS CANDLE SET**  
goop, \$115  
[SHOP NOW](#)

Once you're gleaming with moisture (or just out of your bath), sprawl out on this infrared mat—the soft heat it radiates is incredible—and close your eyes, allowing any lingering stressful thoughts to float away before climbing into bed.

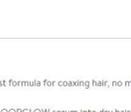


HigherDOSE  
**INFRARED PEMF GO MAT**  
goop, \$499  
[SHOP NOW](#)

## 5 HAIR

The easiest formula for coaxing hair, no matter the texture, back into its best shape is this routine:

1. Work GOOPGLOW serum into dry hair, allowing the blend of frizz-smoothing, moisturizing replenishing oils to sit for at least twenty minutes.
2. Shampoo with the pink salt scalp scrub from G:Tox; the salt and detoxifying oils exfoliate and dissolve product buildup and oil to support healthy hair growth.
3. Rinse, then douse hair with a deep-conditioning mask—the one from Rahua is a shine-boosting miracle for heat-ravaged, woebegone hair.
4. Finish with Kreyol Essence's Haitian castor oil, a brilliant leave-in hair treatment, for a jolt of moisture—or use it as a pick-me-up throughout the week to manage flyaways and frizz.



goop Beauty  
**GOOPGLOW RESTORE + SHINE HAIR SERUM**  
goop, \$48/\$44 with subscription  
[SHOP NOW](#)



goop Beauty  
**G:TOX HIMALAYAN SALT SCALP SCRUB SHAMPOO**  
goop, \$42  
[SHOP NOW](#)

Rahua OMEGA 9 HAIR MASK

goop, \$44  
[SHOP NOW](#)



Kreyol Essence  
**HAITIAN BLACK CASTOR OIL LIGHT**  
goop, \$50  
[SHOP NOW](#)

## 6 BIKINI LINE

Whether your vibe is lustrous bush, utterly hairless, or something in between, a soothed, cared-for bikini area feels and looks good. We love the hydrating strip and feel shave we get from the razor from Flamingo.

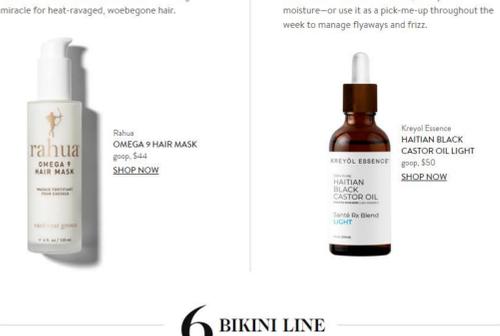


Flamingo  
**RAZOR**  
goop, \$9  
[SHOP NOW](#)



Ursa Major  
**STELLAR SHAVE CREAM**  
goop, \$26  
[SHOP NOW](#)

This shaving cream from Fur is saturated with ingrown-hair-reminiscent salicylic acid and soothing aloe; the cream, swirled with botanicals: The mitts calm razor burn; and the oil softens hair on any area of the body to make hair removal less painful and more streamlined (for real, it works fantastically).



Fur  
**INGROWN ELIMINATOR MITTS**  
goop, \$22  
[SHOP NOW](#)

Fur  
**STUBBLE CREAM**  
goop, \$38  
[SHOP NOW](#)

Fur  
**FUR OIL**  
goop, \$46  
[SHOP NOW](#)