

SELF

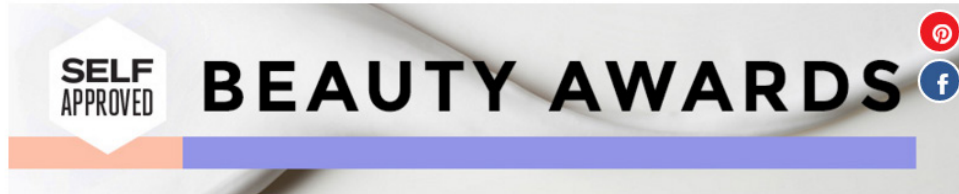
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BEAUTY & STYLE

By SELF Staffers

10 Post-Gym Essentials For Smooth Skin From Head To Toe

These body-care picks from the SELF Approved Beauty Awards are high-performing beauty essentials.



This article originally appeared in the May 2016 issue of SELF.

A great skincare routine doesn't end at your neck! These beauty buys will leave your legs glowing, your hips hydrated, and your elbows ash-free. Plus, our editors reveal two deodorant picks that will last through a tough HIIT circuit and still won't leave white marks on your LBD.

Smoothing Body Lotion



Sensitive types will love this powerful fragrance-free moisturizer, which helps prevent dry skin with aloe and green tea extract.

This lightweight lotion is perfect for any skin type. I apply in the morning, and it lasts all day! — Alexandra Engler, associate editor

Marlowe No. 003 Sensitive Skin Body Lotion, \$10; target.com