

# goop

## Age Beautifully with Pilates and Some Amazing Clean Skin Care



### **EXFOLIATE**

On days when I don't need as much moisture, I like the Resurfacing Serum from Tata Harper, which has exfoliating acids and gives a subtly sculpting effect. I have wrinkles and my skin is dry but it also breaks out, and this mask from Tammy Fender moisturizes, exfoliates, and clarifies all at once, which I love.