



MARTHA STEWART

Living

125
NEW WAYS TO MAKE
THANKSGIVING AMAZING

GLORIOUS PIES & SIDES
ULTIMATE MASHED POTATOES
CHIC DIY TABLES
TURKEY WITH
A TWIST
&
MORE!

+

BUILD A BETTER BAR
& ENTERTAIN WITH EASE

OUR EXPERTS

Tammy Fender, facialist, West Palm Beach, Florida

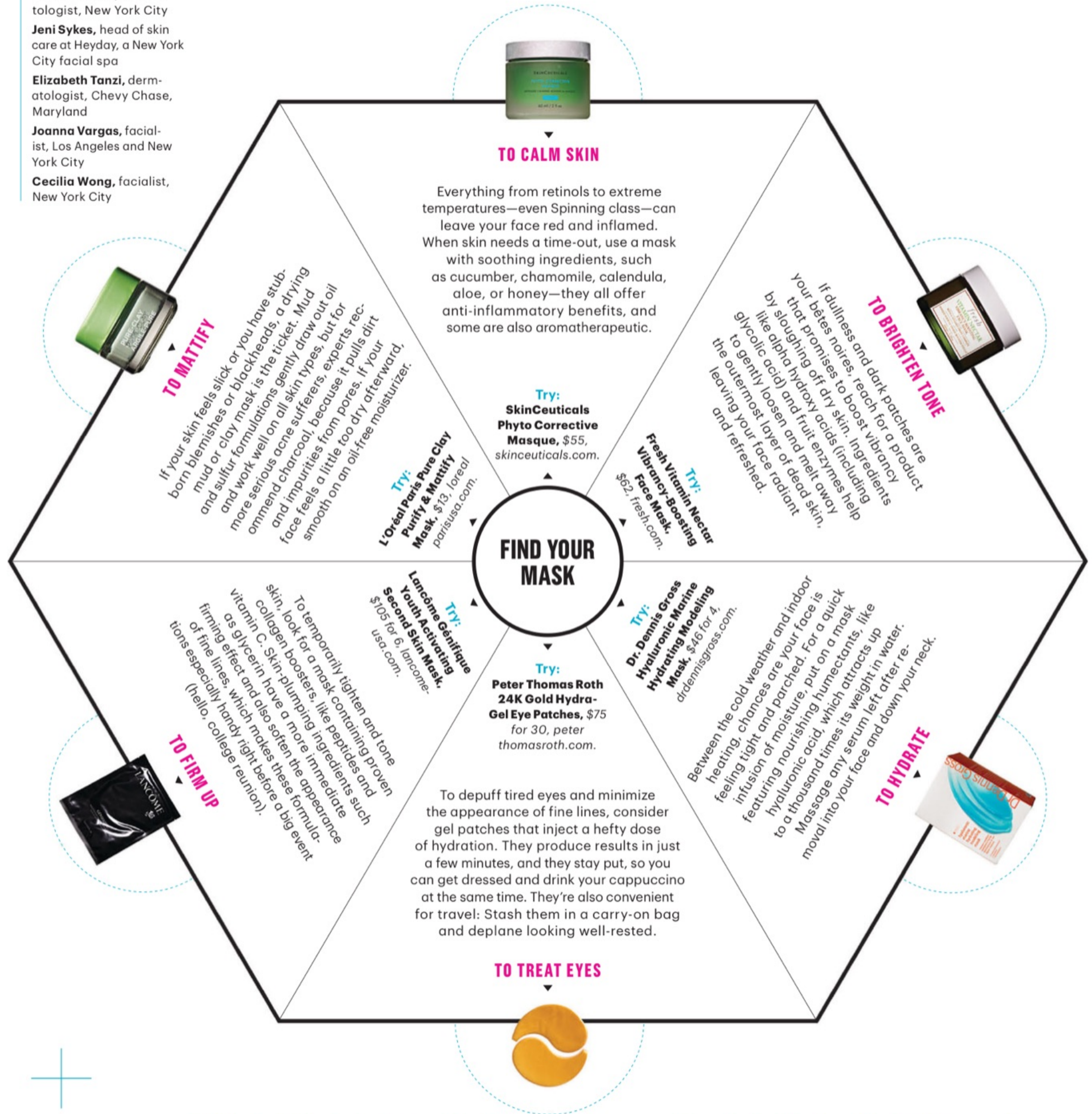
Howard Sobel, dermatologist, New York City

Jeni Sykes, head of skin care at Heyday, a New York City facial spa

Elizabeth Tanzi, dermatologist, Chevy Chase, Maryland

Joanna Vargas, facialist, Los Angeles and New York City

Cecilia Wong, facialist, New York City



TO CALM SKIN

Everything from retinols to extreme temperatures—even Spinning class—can leave your face red and inflamed. When skin needs a time-out, use a mask with soothing ingredients, such as cucumber, chamomile, calendula, aloe, or honey—they all offer anti-inflammatory benefits, and some are also aromatherapeutic.

Try:
SkinCeuticals
Phyto Corrective
Masque, \$55,
skinceuticals.com.

TO BRIGHTEN TONE

If dullness and dark patches are your bêtes noires, reach for a product that promises to boost vibrancy by sloughing off dry skin. Ingredients like alpha hydroxy acids (including glycolic acid) and fruit enzymes help to gently loosen and melt away the outermost layer of dead skin, leaving your face radiant and refreshed.

Try:
Fresh Vitamin Nectar
Vibrancy-Boosting
Face Mask,
\$62, fresh.com.

FIND YOUR MASK

TO MATTIFY

If your skin feels slick or you have stubborn blemishes or blackheads, a drying and sulfur formulations gently draw out oil and work well on all skin types. Mud and charcoal, because it pulls dirt and impurities from pores. If your face feels a little too dry afterward, smooth on an oil-free moisturizer.

Try:
L'Oréal Paris Pure Clay
Purify & Mattify
Mask, \$13, loreal
parisusa.com.

TO HYDRATE

Between the cold weather and indoor heating, chances are your face is feeling tight and parched. For a quick infusion of moisture, put on a mask featuring nourishing humectants, like hyaluronic acid, which attracts up to a thousand times its weight in water. Massage any serum left after removal into your face and down your neck.

Try:
Dr. Dennis Gross
Hyaluronic Marine
Hydrating Modeling
Mask, \$46 for 4,
drdennisdross.com.

Try:
Peter Thomas Roth
24K Gold Hydra-
Gel Eye Patches, \$75
for 30, peter
thomasroth.com.

TO TREAT EYES

To depuff tired eyes and minimize the appearance of fine lines, consider gel patches that inject a hefty dose of hydration. They produce results in just a few minutes, and they stay put, so you can get dressed and drink your cappuccino at the same time. They're also convenient for travel: Stash them in a carry-on bag and deplane looking well-rested.

TO FIRM UP

To temporarily tighten and tone skin, look for a mask containing proven collagen boosters, like peptides and vitamin C. Skin-plumping ingredients such as glycerin have a more immediate firming effect and also soften the appearance of fine lines, which makes these formulations especially handy right before a big event (hello, college reunion).

Try:
Lancôme Génifique
Youth Activating
Second Skin Mask,
\$105 for 6, lancome-
usa.com.

Treat While You Sleep

► Nighttime is the right time for skin to repair itself. Once or twice a week, swap out your regular bedtime cream for a hydrating sleeping mask. Most have a thick gel texture, which sits on skin and allows the intense hydrators suspended within—such as hyaluronic acid,

ceramides, or niacinamide, a form of vitamin B3 that strengthens skin's elasticity—to penetrate gradually while you sleep. Rinse off in the shower the next morning, then put on your regular daytime moisturizer. **TRY: Laneige Water Sleeping Mask, \$24, target.com.**