

BEAUTY

## Sitting Pretty: Oscar Night Beauty Treatments from the Pros

by Sarah Braun



The Academy Awards—the highest honors in film, the world’s most watched red carpet, and the first Sunday night special not to interrupt our *Downton Abbey* watching—is upon us. When you consider the hour or so of fishtail-gown arrivals and Glam Cam interrogation, plus the three hours of actual show, that’s four hours (minimum) spent planted in front of the television. Live-tweeting aside, how does one efficiently and industriously use this considerable chunk of time? *Vogue* recommends knocking out a little beauty maintenance.

### FACE—AND FEET

“It’s the perfect space of time—between the awards and the commercial breaks—to apply something, let it sit, and then rinse at the sink,” says **Marcia Kilgore**, founder of Bliss spa, Soap & Glory, and FitFlop. She recommends exfoliating glycolic peels for face and feet, followed by a clay mask on the face (like her own, The Fab Pore, which is a peel and clay mask). “For your feet, it’s like you’ve had a pedicure,” she says.

Before any home mask or peel, though, Palm Beach superstar facialist **Tammy Fender** steams her skin to open her pores the old-fashioned way: by steeping tea, putting it in a glass Pyrex bowl, and inhaling the vapors of the herbs, which can be calming, or stimulating, depending on the type of tea, she points out. She uses the same water (plus a washcloth) to remove the mask or peel (her own Epi-Peel), and follows up with an oil-based serum, like her Quintessential Serum, which she uses on her face and cuticles, and even runs some through her hair.

Whatever you’re doing, “watch the clock,” says Kilgore, “maybe an egg timer—in case you get carried away with someone like Hugh Jackman.”