



beauty health & fitness



oil rich

Long feared as the enemy of clear skin, oil could be the best thing for your face.

1 CHODORU JAPANESE PURE MIHARA CAMELLIA OIL. 2 WELEDA IRIS FACE OIL. 3 AMANDA. fine lines and reversing sun damage. These days, grease is the word. The overwhelming fear of all things oily—a characteristic of our low-cal, fat-free society—is a relatively recent phenomenon. Oils,

Although dermatologists are far from replacing Retin-A with olive oil, treating oil-prone skin with essential oils (lemongrass, peppermint) can help decrease its oiliness. "Oil liquefies sebum and helps it flow out of the pores so you can wash it away," explains Manhattan spa owner Susan Cirminelli. Makeup artist Bobbi Brown developed her Extra Facial Oil not only to add luminosity to her dry skin but also as a spot treatment for the occasional blemish. "Dirt clogs pores, not oil," says Brown. "Drying out the skin makes the body produce more oil, which just aggravates the problem," adds model and Sundäri skin-care cofounder Christy Turlington. And if Turlington, a fan of her company's Nighttime Nourishing Oil, is any example, it works.—NING CHIAO *beauty* ▶ 216

Wearing white suede boots calls for rain? Forget it. If sandpaper? Unthinkable ingrained, it's almost impossible to break them. Massage

sounds like skin suicide, but browse the cosm... you'll see a subtle, significant change. Skin-care regimens are increasingly growing to include moisturizers, cleansers, and serums rich in evening primrose, camellia, flaxseed, and sweet almond oils that promise to do everything from healing blemishes to erasing

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