

THE BEAUTY AUTHORITY

NEW BEAUTY

*the easy way to
get rid of fat fast*

BEST BODY EVER!

LOOK BETTER NOW!

*10 new products
you have to try*

JULIA LOUIS-DREYFUS

*"I want to look younger,
but I don't need to look 25."*

*our study
reveals*

WILL YOU AGE WELL?

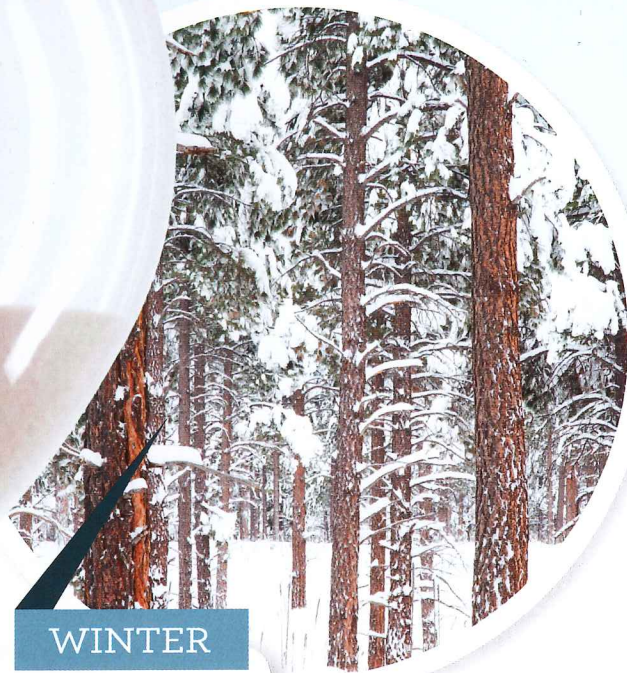
THE NEW DISCOVERY.

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5 US A SANDOW PUBLICATION



SUMMER 2015
UNTIL JUNE 29



WINTER

- ▶ Moisturize with heavier products
- ▶ Cleanse with oils, balms or milks
- ▶ Exfoliate

SEASONAL SKIN

CHANGE YOUR PRODUCTS BASED ON THE SEASONS

IN THE COLDER MONTHS

01

USE GENTLE EXFOLIATORS

Cooler air slows oil production so there's less sebum pumped into the skin. "During the winter, skin loses moisture quicker," says Dr. Vega. "If you exfoliate with alpha- or betahydroxy acids, cut back on how often you use them so you don't irritate your skin." Try enzyme-based exfoliators, which deliver moisture to your skin.



EXFOLIATE

DOCTOR- AND SCIENTIST-DEVELOPED 111SKIN came to be after a plastic surgeon and two space scientists discovered a form of vitamin C, aescin (a circulation-promoting antioxidant), and NAC, which stimulates glutathione, to safeguard the skin of astronauts while in orbit. **The Lift Off Exfoliating Cleanser** harnesses lactic acid to remove dead skin cells, leaving skin ready to absorb other skin-care and anti-aging ingredients. \$75, barneys.com

CLEANSE WITH OILS, BALMS OR MILKS

Skin is drier in the winter, so opt for a cleansing oil, milk or balm (oil cuts through oil; balms leave some slip on the skin; and milks are hydrating) to soften your skin. Dr. Wexler says to stay away from anything with alcohol in it, as well as foam and glycerin-based cleansers. "They can be drying, leaving your skin feeling stripped. Instead, look for a mild cleanser that contains essential oils."

02



CLEANSE

MADE FROM NATURE

With a philosophy that follows a back-to-basics approach, **Kari Gran Cleansing Oil** contains natural ingredients like sunflower, avocado and lavender oils to gently yet effectively clean your skin (use it only at night and steam it off with a washcloth) and rebalance moisture levels so dehydration is less likely to occur. \$30, karigran.com

03

GO FOR THICKER, HEAVIER MOISTURIZERS

Artificial heat and the cold can dry out skin. Thicker moisturizers offer good barrier protection. Ciminelli says to choose formulas with natural hydrators like essential oils, shea butter and soy. Hyaluronic and lactic acids are also good ingredients to look for when deciding on products. Stay away from petrolatum, which prevents skin from breathing and can also cause breakouts by clogging pores.



MOISTURIZE

WAKE UP TO SOFTER SKIN

When applied to skin before bed, **Caudalie Polyphenol C15 Overnight Detox Oil** delivers a hefty dose of essential oils to hydrate, rejuvenate and heal skin. \$52, sephora.com