

1-2-3 GO!

Summer-smooth skin—all year long

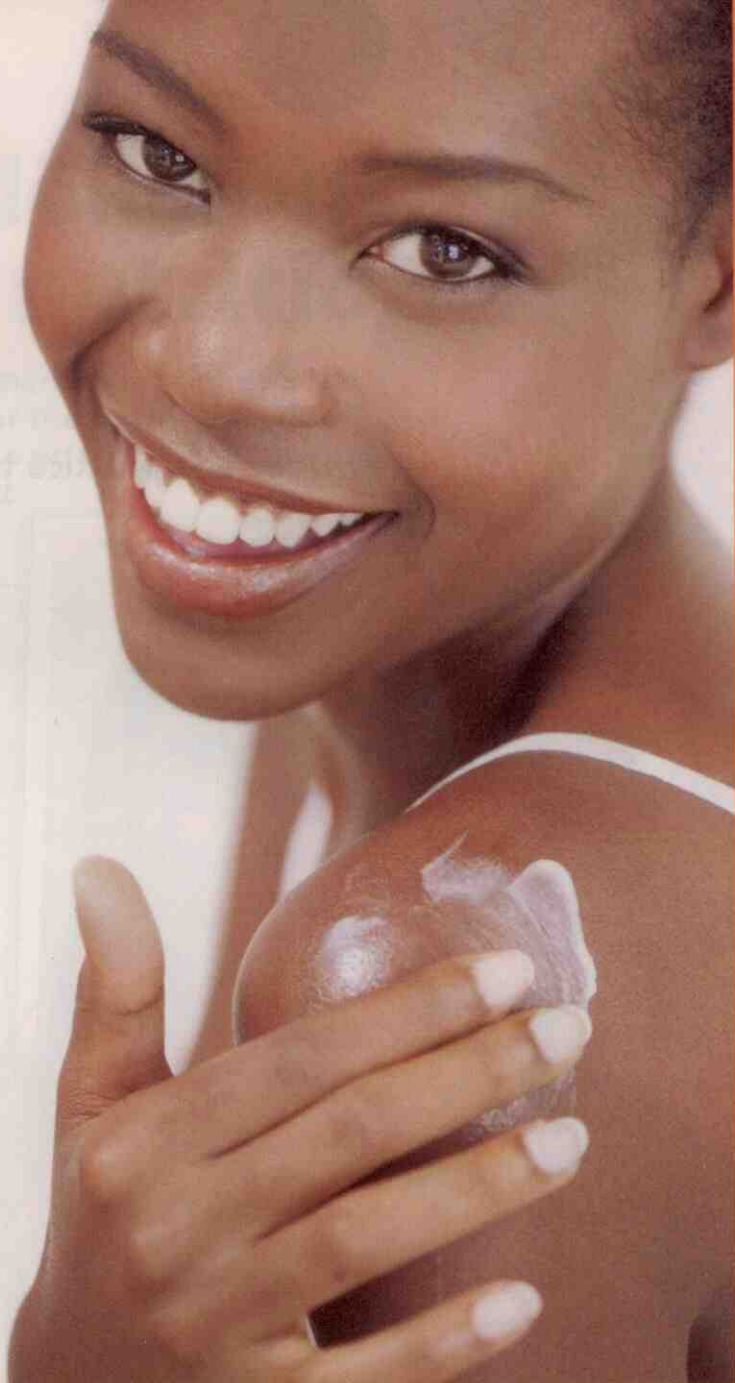
Cool weather is on the way, and with it, ashy skin. Victoria Barbosa, M.D., medical director of Millennium Park Dermatology in Chicago, and Jeanine Downie, M.D., director of Image Dermatology in Montclair, NJ, give advice on beating the itchy, dry patches.

Step 1: Watch the temperature. Too-hot water can drastically dry out your skin. Take a warm shower and use a mild, unscented, moisturizing body cleanser, such as Aveeno Skin Relief Body Wash (\$6.99) or Dove Sensitive Skin Body Wash (\$7.99). Yes, we love hot showers, too...but seriously, it'd be better for your skin to get used to warm.

Step 2: Exfoliate. You slough off some dead skin cells with your usual cleanser and a sponge or loofah, but if ashy skin is a big problem, try an exfoliating product such as Caudalie Crushed Cabernet Scrub (\$29; caudalie-usa.com), which does the job with

powdered grape seeds. If you have sensitive skin, choose one that contains soft, synthetic beads instead (look for polyethylene beads in the ingredient list), says Dr. Barbosa. She suggests SkinCeuticals Body Polish (\$34; skinceuticals.com). In either case, keep the scrub-downs to no more than twice a week; more often can irritate your skin.

Step 3: Moisturize. Pat (don't rub!) your body dry, then apply a cream to lock in moisture. Dr. Downie likes Keri Nourishing Shea Butter (\$7.99), Eucerin Calming Creme (\$8.29) and Cetaphil Cream (\$13.99) are other good, gentle options.



Trend Alert: a flat finish for a modern, edgy mani. “Keep nails short and square to pull off the look,” says Jillian Dempsey, Avon global creative color director. A few to try: **Avon’s Matte Nail Enamel** (\$5), **Suede by OPI** (\$8.50), and **ORLY Matte Couture** (\$7.50).

Score some ultra-luxe skin-pampering products from Sunday Riley, a brand favored by celebs like Kelly Bensimon and Robin Wright: Cashmere Mineral Sunscreen SPF 30, Juno Transformative Lipid Serum, and Disrobe Body Lotion. Go to Parenting.com to enter, and see page 147 for more details.

