

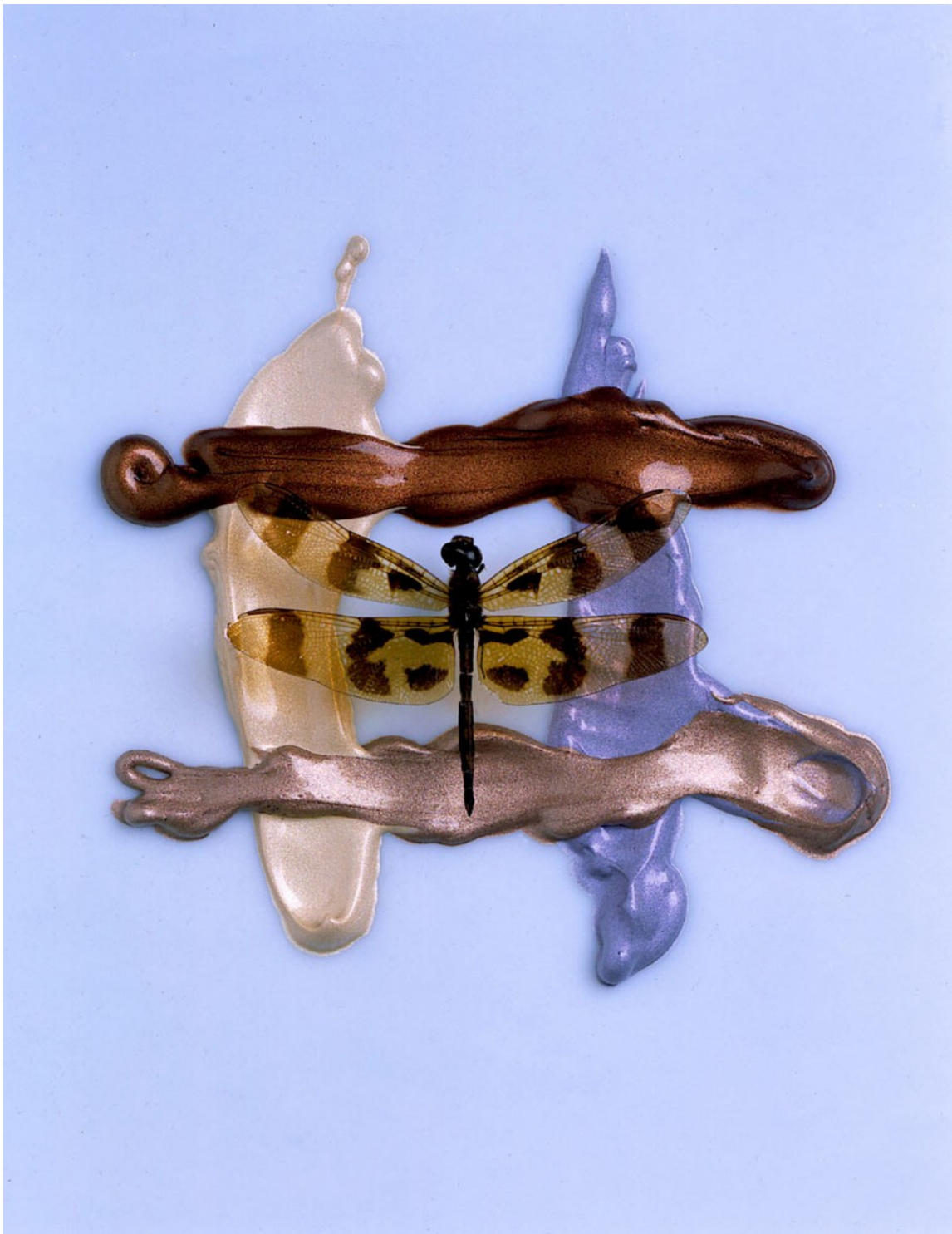
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beauty

moisturizing routine

Depending on your skin, you may want to follow your cleansing regimen with a moisturizer, lip balm, eye cream, or mask. Select products right for your **skin type**, says New York City dermatologist Rosemarie Ingleton, M.D. "Some anti-aging products, for example, are not meant for **young skin** and can clog pores, leading to breakouts," she says.

1 moisturizer

If your skin is dry, use a moisturizer with an SPF of at least 15 in the morning and a heavier cream at night. If it's normal/combination, apply it just to the dry areas. Those with oily skin should skip moisturizer and use a gel sunscreen instead.

2 lip balm

Lip balm prevents lips from chapping due to exposure to sun, wind, or cold. Since lips don't contain melanin, they are especially prone to sunburn. If you spend a lot of time outdoors, choose a balm that contains a sunscreen with an SPF of 15 for added protection. You can use it as needed.

3 eye cream

Use eye cream only if the skin around your eyes tends to be dry. Apply morning and/or evening to the contour of the eye (not the lids). These creams have a thick consistency that helps to keep them from running into your eyes. They are also formulated to prevent any stinging or burning.

4 face mask

Face masks are meant to be quick fixes for minor conditions such as dry or oily skin. There are many types, including moisturizing, oil absorbing, soothing, and pore cleansing. Select one based on your needs, and use it once or twice a week. The results will last generally only about a day.



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beauty

cleansing routine

A clear complexion starts with the use of makeup removers, cleansers, and toners. Cleanse every evening to **wash away** makeup, dirt, and oil, says New York City dermatologist Sapna Westley, M.D. If you have oily skin or apply an acne treatment product at night, you may want to cleanse again in the morning—otherwise splashing with warm water is fine.



1 makeup remover

While most facial cleansers take off makeup, a remover may be needed to dissolve longer-wearing eye-specific cosmetics such as eyeliner and mascara. Choose one that indicates it's suitable for the eye area, apply to a cotton pad, and press gently for several seconds. Follow with a cleanser.

2 cleanser

Pick a soap-free formula—one that cleans without over-drying and works for all skin types. If you're prone to acne, use a gentle exfoliating wash (one that contains sloughing beads or alpha or beta hydroxy acid) once a week to remove dead skin cells that block pores and cause breakouts.

3 toner

Also known as astringents, clarifying lotions, tonic waters, and skin conditioners, toners can help temporarily remove excess surface oil and are best used by those with oily complexions. Choose one that is alcohol-free, and after cleansing, apply it to bare skin with a cotton pad.

how to determine your skin type

Even though the type of skin you have is genetically determined, the right skin-care products and regimen can—to a certain extent—improve its **appearance** and condition. In order to select the appropriate products, you need to first determine your skin type. To do this, Westley recommends gently washing skin with a basic cleanser (one not formulated for any particular skin type). Wait one hour, then press a sheet of **blotting paper** to your forehead, nose, chin, and cheeks. If the paper picks up oil in all areas, you have oily skin. If it shows oil only in the **T-zone** (this area includes the forehead, nose, and chin) your skin is normal/combination. If the paper picks up no oil at all, your skin type is dry.

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BEAUTY

White Flowers



Clockwise from bottom left: Gardénia (\$55), from CHANEL, was Coco Chanel's follow-up to the legendary No. 5. Sweet pea, mimosa and Egyptian jasmine come together in MILLER HARRIS's Coeur de Fleur (\$90). Orange blossoms mingle with Indian tuberose, white rose and white jasmine in Fleurs d'Oranger (\$92), from SERGE LUTENS. To capture tuberose in its still-in-the-earth form, master perfumer Dominique Ropion created Carnal Flower (\$155) for EDITIONS DE PARFUMS FRÉDÉRIC MALLE. Jasmine and tuberose are layered in CAROLINA HERRERA (\$69), the designer's signature scent. White and red Casablanca lilies form the base of the fresh and clean Des Lys (\$69), from ANNICK GOUTAL. For shopping information, see page 136.

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Color Design Eyeshadow Quads for a soft glow that will illuminate your lids. \$42.
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