

Client: Dr. Lance H. Brown

Publication: *Cosmopolitan*

Date: December 2008 Issue

Circulation: 3,001,894

Exfoliating in the shower will help your skin glow

Look Wickedly Sexy—Even in Winter

Get Your Skin in Bareable Shape

In the winter, there's less moisture in the air, leaving you dry and shedding skin like a cobra. Three easy tips can help beautify your body.

1 Start in the shower by lathering up with a creamy body wash that contains glycerin, an ingredient that seals in moisture, says NYC derm Lance Brown. Bar soaps tend to be made with sodium lauryl sulfate, a detergent that can irritate already parched skin.

2 Invest in an exfoliating scrub—Although it sounds like it might be drying, the application helps exfoliate dead skin cells and leave your skin so moist it won't leave a greasy residue. Our pick: Aveeno Intense Relief Repair Cream, \$12.

3 Three easy tips to help beautify your body.

You could call this the season. Not only do a little lazy these days, nippy weather and heat can also sabotage your looks. Even if it isn't cold where you live, you feel tempted to go into hibernation until spring. hot damn—we have plenty of ways to bring your sexy back.

By Ashley Buford
Photographs by Eric Fischer

Calgon Pappaya and Orange Scented Body Polish, \$6.95

Apply perfume while damp to absorb more of the scent.

TOTAL BODY SEX
The Trick That Attracts Hot Guys Like Crazy

Sexy vs Skanky
The Trick That Attracts Hot Guys Like Crazy

YOUR ORGASM FACE'S
13 Questions You Need to Ask Your Partner

13 Questions
Why to Watch Your Cash Go Partner

How to Outsmart a Date Request

152 COSMOPOLITAN DECEMBER 2008 COSMOPOLITAN.COM

DECEMBER 2008 COSMOPOLITAN 153