

Client: Dr. Lance H. Brown

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Scrub Your Body Better

To avoid any irritation, use different movements depending on the particular body part. On rougher places with a lot of texture, like feet, arms, and legs, buff with a back-and-forth motion. Where you're softer, like your butt, tummy, chest, and face, use circular motions.

STYLING: ALLISON BROWN OF NEW YORK'S GLOW SKIN SPA

Rough Areas

Back and forth

Soft Spots

Circular

SEXY SKIN SECRET

"Smooth on a scented body oil right after you shower—it'll soak into wet skin and hydrate parched limbs fast," says Jillian Wright of Glow Skin Spa.

Do Less, Achieve More From Your Makeup

It's easy to pile on the products when you're feeling pasty. Resist! Overcompensating looks way too severe right now. The best strategies:

- **Combat redness.** "When your skin has less color in the winter, you can look blotchy," explains California makeup artist Brett Freedman. And it's true of dark skin as well. To areas that look spotty, dust on powder with light reflectors to even you out.
 - **Go for a stain on your lips.** "Stains go on subtle, so they blend in well with your natural coloring," Freedman says. Pat on a light coat with your finger, then rub any extra on your cheeks for a subtle, rosy glow. We like a self-adjusting formula that morphs to flatter your skin.
 - **Smudge a charcoal or brown liner into your lashes.** with your finger, it gives your eyes a little definition without going overboard. Curl lashes, then apply a lash tint that will stay put for a few days and won't flake in the cold, says NYC makeup artist Melissa Silver. Try this Neutrogena pick.

Find a Seductive Winter Scent

You might miss your summer perfume, but you don't want to smell too tropical at this time. Select an inviting pick that's perfect for now.

- Your hot summer scent: Sweet coconut blends
- Your cool winter switch: Crisp citrus aromas—think orange, pear, and peach. Try C-Thru Ruby, \$25.
- Your hot summer scent: Beachy sea sprays
- Your cool winter switch: Woody spritzes with notes of pine and cedarwood. Try Island Michael Kors Bermuda, \$62.
- Your hot summer scent: Light, delicate florals
- Your cool winter switch: Exotic blooms, such as iris, orchid. Try Victor Signature

34% of girls like it best when they wear not all when home to

Flaking Out?

If your face is so dry and peely that all your moisturizers just aren't helping, try Dr. Brown's remedy: Soak a washcloth in ice-cold whole milk, and lay it across your face for 10 minutes. The natural lipids in the milk will plump up and rehydrate your skin, while the cool temp and lactic acid will tone down redness and remove flecks.

WINTER TRICK
Apply every other day. No your glow is naturally soft and realistic.

Don't rub it all over your face. Just hit the top spots where the sun would normally hit: forehead, nose, apples of cheeks, chin.

Peachy blush
Brush it down the front of your legs and in your cleavage. It warms up your skin just enough without looking streaky or stark when you're paler than usual.

Lighten Up Your Strands

Most women tone down their streaks come fall, so it'll be surprising and sexy if you keep your locks vibrant instead.

- Try a color-enhancing shampoo. "Coffee and cocoa extracts enrich dark locks, and chamomile boosts blond hues," says colorist Royal Fritas of Fekkai Fifth Avenue.
- Prevent fading. "You want UV protectants in most of your products since even a little sun can alter the color of your strands," Fritas warns.

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THE TRICK THAT ATTRACTS THE GUYS LIKE CRAZY

YOUR ORGASM FACE

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