

**FLAT ABS! LEAN LEGS! FIRM BUTT!**

*It's Good to Be You™*

# Women's Health

## SLIM CALM SEXY

**LOOK 5 YEARS  
YOUNGER**  
In Just 5 Minutes

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Year,  
New  
You!**

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Style & Fitness Tips

**Marisa  
Miller**  
Shares How to  
Get *This* Fit, Happy,  
and Confident



Most people don't fixate on dry skin the way they do acne or cellulite, but it can erode your youthful luster—and in some cases, your health. Along with causing flaking, dullness, and red patches, “it intensifies the fine lines on your face, making you look years older, and can cause microscopic cracks that invite bacteria into your body, potentially resulting in a staph infection,” says New York City dermatologist and *Women's Health* advisor Francesca J. Fusco, M.D., who says about 30 percent of her patients suffer from dry skin. Use these easy strategies to make the skin on your face and body more supple.

## FACE

**1/Baby your skin.** It's a bit of a catch-22. Dryness makes skin rough, but most skin-smoothing scrubs are too abrasive and strip away even more of dry skin's fragile outer layer. To gently but effectively exfoliate your face without zapping moisture, swap your gritty scrub for a baby's washcloth (it's softer and gentler than a regular one), suggests Wendy Allred, director of education and development for Bliss. Just wet it and massage your face in small, circular motions.

**2/Be a dairy queen.** Most cleansers harbor a dirty secret: They contain a surfactant called sodium lauryl sulfate, which can suck away moisture. Look for mild, nonsudsy, fragrance-free cleansers (the chemicals behind scents can be drying). Try Eau Thermale

Avène Gentle Milk Cleanser (\$18, [aveneusa.com](http://aveneusa.com)) or stick with your regular product and just swap it for milk two or three times a week to give your skin a break and to boost hydration. The lactic acid in milk acts as a mild cleanser, and the fat is extra moisturizing (so skip skim and go for 2 percent or whole), says Nina Naidu, M.D., a plastic surgeon in New York City. Pour three ounces of milk into a cup, then use a soft washcloth to massage it into your skin (the washcloth also exfoliates,

as previously explained, so you kill two birds with one stone!). Just be sure to remove your eye makeup first. Milk is no match for mascara.

## FEED YOUR FACE (AND BODY)

“Foods rich in omega-3 essential fatty acids help heal dryness and preserve your skin's natural oils,” says Keri Peterson, M.D., a physician in New York City and a *Women's Health* advisor. Hydrate skin from the inside by eating a serving of one of these beautifying bites each day:

- > Walnuts > Flaxseed > Almonds
- > Cold-water fish like salmon, halibut, and sardines (limit to twice a week)

**3/Turn over a new leaf.** Twice a week, apply a soothing aloe mask to your face to help rehydrate skin and reduce redness and inflammation, says Allred. Crack open a fresh aloe vera leaf and rub a thick layer of the sap onto clean skin (find the plant at a nursery or at a housewares store such as Home Depot). Leave it on for 15 minutes, then rinse off. Or try a mask that's packed with aloe, such as Yes to Cucumbers Calming Facial Mask (\$15, at drugstores).

*The thicker the lotion, the more moisture it provides.*