

bye dry bye dry

Hello sinfully soft skin

BY EVELYN GILBERT MANZIELLO

Exfoliating is a great way to banish the old and polish the new. "Most people can benefit from exfoliating once a week," says Zoe Draelos, M.D., editor of the *Journal of Cosmetic Dermatology*. But she warns women not to overdo it. "Skin cells are designed to slough off, but they also act as a barrier."

For the face, Draelos recommends using washes with smooth polyethylene beads and avoiding rough, abrasive fruit pits. If you want a high-tech tool, try a rechargeable face brush, she suggests.

When it comes to your body, proceed with care. "I'm not a big fan of brushes or mitts," she says. Sugar- and salt-based scrubs are a better choice.

Draelos also prefers puffs to loofahs or other natural-fiber products. "You can clean them in the upper shelf of your dishwasher to kill bacteria."

So check out these products and bring in the new-skin cells that is! ✂

moderate

TRILLIUM ORGANICS FACE AND BODY POLISH

They contain fine salt crystals to gently exfoliate and rich oils that luxuriously moisturize the skin. \$15.99-\$32.99. www.trilliumorganics.com.

CLINIQUE 7 DAY SCRUB CREAM

A fragrance-free fine-grain exfoliator you can use all over—even on your lips. \$17.50. www.clinique.com.

bargains

JANE, INC. FOOT SCRUB BAR

With tea tree oil and eucalyptus, it exfoliates and softens. Soap-free, the bar contains cocoa butter and salt. \$8.99; www.jane-inc.com.

OLAY REGENERIST MICRO-DERM CLEANSING CLOTHS

Cloths remove dirt, oil, and makeup. One side exfoliates and the other hydrates. \$9.99; www.oly.com.

AVEENO SKIN BRIGHTENING DAILY SCRUB

The scrub contains microbeads and soy extracts that exfoliate and moisturize. \$7.99; www.aveeno.com.

BUF-PUF FACIAL SPONGES

There's a variety to suit your skin type. Use every day with a cleanser to get rid of dead cells. \$5.19; www.3m.com.

NEUTROGENA WAVE POWER-CLEANSER AND DEEP CLEAN FOAMING PADS

The battery-operated power-cleanser and soft, textured foaming pads combine to open pores and sweep away dead skin cells. \$14.99; www.neutrogena.com.

splurge

CRABTREE & EVELYN LEMONGRASS & BROWN SUGAR BODY SCRUB

Gently rub away dry skin. The sugar dissolves, avoiding over-exfoliation. \$26; www.crabtree-evelyn.com.

CLARISONIC FACE BRUSH

Developed by the inventor of Sonicare toothbrushes, the brush gently, yet deeply, cleanses without abrasion. The kit includes a charger, and cleansing creams. \$195; www.clarisonic.com.



ON THE WEB
Link directly to all of these products at healthandwellnessclub.com.

EVELYN GILBERT MANZIELLO has written for The Village Voice, Marie Claire and Vegetarian Times.