



Want to give your skin a fresh start? An all-natural facial, at home or with a pro, is the way to go.

## About face

**t**here is nothing better than the feeling you have when your skin is not just clean, but extra-special, deep-down clean. It's a feeling you can't get just from your daily wash. A good facial can leave your complexion so pristine that it literally glows. If you go to a pro, expect to get some pampering—and some education—along with your treatment. "An aesthetician should always start by doing a thorough analysis of your skin, explaining the condition of your skin, asking you about your current skin-care routine and what you want to get out of the session," says Candis Ayers, spa director at the St Julien Spa in Boulder, Colo. Take advantage of the opportunity to glean as much information and advice as you can—about your skin and what it needs, about new ingredients and how they work and about techniques that you can try at home to keep your skin looking fab. Then, use your newfound knowledge (and the smart tips on the following pages) to score a glowing, fresh-from-a-facial look on your own. >>



## cleanse

Even though you do this at least once a day, experts agree that it's the most important step in the facial process. "A good cleanser helps to remove everything—makeup, dirt, pollution, dead skin cells and excess oil," says Kerry Wall, manager of The Organic Pharmacy in Beverly Hills, Calif. Be sure not to clean skin so harshly that you strip away its naturally protective oils. "Skin is our barrier to the world, so it's important to keep it strong by treating it gently," says Carmen Miraglia, owner of Erbé Spa in New York City. Look for an all-natural cleanser that leaves skin clean but dewy (never dry or tight) and rinse with lukewarm water.

(a) *Tata Harper Regenerating Cleanser* (\$50; [tataharper.com](http://tataharper.com)) is handmade with ingredients harvested from an organic farm in Vermont. (b) *Absolis Patyka Milk Cleanser* (\$45; [newlondonpharmacy.com](http://newlondonpharmacy.com)) nourishes and moisturizes skin with a healing bisabolol extract from chamomile. (c) *The Organic Pharmacy Carrot Butter Cleanser* (\$60; [organicpharmacy.com](http://organicpharmacy.com)) dissolves dirt and makeup (even eye makeup!) in one easy step, and the shea butter, chamomile, rosemary and other organic ingredients soothe and soften your skin. (d) *SenZen Age Away Hydrating Energy Cleanser* (\$39; [senzen.myshopify.com](http://senzen.myshopify.com)) is a deeply moisturizing cleanser that plumps skin with hydrating herbs.

## steam + exfoliate

You can steam and exfoliate separately or together, depending on what you use to exfoliate your skin. If you are planning to use a scrub, most pros suggest steaming your face first (lean over a bowl of hot—but not boiling—water for five minutes or so) to soften and hydrate your skin before exfoliating. If you use an exfoliating peel (such as one that contains natural fruit enzymes to slough off dead cells), apply it while you are in the shower. "Leave it on for five minutes and let the steam penetrate and help loosen the dead skin, dirt and bacteria trapped in your pores," says Ayers.

(a) *Skin 2 Skin Oatmeal & Pomegranate Face Scrub* (\$30; [skinzskincare.com](http://skinzskincare.com)) gently cleanses and exfoliates with natural oat flour and repairs delicate skin with green and white tea extracts. (b) *Red Flower Bioactive Berry White Peat Exfoliant* (\$62; [beauty.com](http://beauty.com)) gently polishes skin, creating a perfect canvas for the next step. (c) *Golden Path Alchemy Renew Herbal Steam* (\$20; [goldenpathalchemy.com](http://goldenpathalchemy.com)) infuses your steam with a nourishing blend of organic jasmine, rosehips and chamomile.





## mask

Choose a mask according to your skin type and what you hope to accomplish. One that's made out of clay will help dry out and control excess oil; a hydrating mask that's rich in moisturizing ingredients will help plump skin, reducing the appearance of fine lines and wrinkles; if you have acne-prone skin, choose a mask with anti-microbial ingredients, such as tea tree oil; and to soothe sensitive or easily irritated skin, choose one with ingredients such as chamomile, oatmeal or rose water.

(a) *Aubrey Organics Green Tea & Green Clay Rejuvenating Mask* (\$9; [aubrey-organics.com](http://aubrey-organics.com)) draws out dirt and impurities in the skin with kaolin and green clay. (b) *MyChelle Cranberry Mud Mask* (\$25; [mychelle.com](http://mychelle.com)) combines green tea, cranberry and rosemary essential oils to detoxify skin and help oily complexions. (c) *Kiss My Face Pore Shrink Deep Cleansing Mask* (\$15; [kissmyface.com](http://kissmyface.com)) uses the anti-inflammatory properties of clove, tea tree oil and lemongrass to deep clean and minimize pores. (d) *Chantecaille Detox Clay Mask with Rosemary and Honey* (\$75; [chantecaille.com](http://chantecaille.com)) balances the drying effects of clay with moisturizing honey.

## moisturize

Now that your skin is cleansed, exfoliated and treated, the ideal ending to any facial is a protective layer of moisturizer. But rather than just slathering it on, take this opportunity to pamper skin just a little bit more. While your skin is still damp, splash your face with floral water, such as rose or lavender, to facilitate the absorption of your moisturizer. "Apply your moisturizer with short, circular massage strokes," says Miraglia. "It helps the moisturizer penetrate better, and upward strokes help keep skin looking lifted and youthful."

(a) *glo-therapeutics Oil Free Moisturizer* (\$39; [gloskincare.com](http://gloskincare.com)) is a super-light formula with vitamin E and algae extracts that leaves skin silky smooth. (b) *Dead Sea Essentials Aloe Vera Daytime Moisturizer* (\$15; [deadseaessentials.com](http://deadseaessentials.com)) calms and moisturizes with soothing aloe vera extracts and Dead Sea minerals. (c) *Kaia House Organics Pomegranate Rejuvenating Treatment Moisturizer* (\$16; [kaiahouse.com](http://kaiahouse.com)) blends pomegranate, rose water, jojoba oil and red African tea to hydrate skin and protect it from free-radical damage. (d) *Origins A Perfect World SPF 25* (\$39; [origins.com](http://origins.com)) protects against the sun's aging rays with UVA and UVB protection.



### Face value > SUPER-CHARGED SKIN-SAVERS THAT WORK, WITHOUT BREAKING THE BANK

>> **Cleanser** Aveeno Positively Radiant Makeup Removing Cleanser (\$7) is a soap-free mousse that gently cleans skin.

>> **Exfoliant** L'Oréal Paris Go 360 Clean Deep Exfoliating Scrub (\$7) sloughs off dead cells to reveal glowing baby-soft skin.

>> **Mask** Neutrogena Deep Clean Long-Last Shine Control Cleanser/Mask (\$8) absorbs excess oil and helps control shine.

>> **Moisturizer** Olay Complete All Day UV Moisture Cream Sensitive Skin (\$7) is oil- and fragrance-free and has skin-saving SPF 15.