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GET GORGEOUS *IN* THE SHOWER

WHO KNEW YOUR MORNING RITUAL
COULD GIVE YOU *AMAZING* SKIN,
HAIR, CALM—*EVERYTHING*?

By JENNIFER GOLDSTEIN
Photography by LYNDA CHURILLA



The Detoxifying Shower

Wash away the residue that naturally accumulates on skin and hair with this shower. "Pollution and dirt can clog pores and coat hair, making everything look drab," Paquet says. Here's how to get a fresh start.

> Before you shower, wet a natural-fiber washcloth, such as the [Ayate Washcloth](#) (at left, \$4.95; Amazon.com/Beauty); stroke it all over your dry skin, working from the spots farthest away from your heart (feet, hands) toward the center of your body. "It's a great technique for exfoliating away dead skin cells, and the stroking motion boosts circulation to your skin so it has a nice glow," says James McIlrath, spa director at Encantado Resort in Santa Fe, New Mexico.

> Create a steam room *before* showering. Turn the dial to hot (perspiration helps clarify skin, Dr. Hirsch says), then turn water temperature to warm and step in. (If your skin is superdry, skip this steamy-bathroom step.)

> Cleanse with a body wash that contains stimulating rosemary and lavender essential oils, which helps de-clog pores. Try [Red Flower French Lavender Purifying Body Wash](#) (at left, \$20; Beauty.com).

> Wash your hair with a clarifying shampoo, like [Neutrogena Anti-Residue Shampoo](#) (at left, \$8.99; drugstores), to eliminate styling-product buildup. Then apply conditioner as you normally would. Finish with a cool-water rinse, which makes the cuticle of your hair lie flat so strands look even shinier.

> While your skin is still damp, smooth on a body oil that has myrtle and juniper oils, natural astringents with an invigorating effect. Try [Amala Detoxifying Body Oil](#) (at left, \$28; AmalaBeauty.com).

The Hydrating Shower

When your hair is the texture of a wool sweater—and your skin feels as itchy as if you're wearing one—your regular conditioner and body lotion aren't going to cut it. Add back moisture with these steps.

> Turn up the heat in the bathroom so you can turn *down* the water temperature; it should be just warm enough to keep you from getting chilled. "Hot water can dry out skin and hair," Dr. Hirsch says.

> Wash your hair with a moisturizing shampoo, then apply a hydrating hair mask like [Wella Professionals Hydro Mask](#) (at right, \$29; SystemProfessional.us for salons). Leave on five minutes so ingredients can penetrate.

> While your strands are sucking up moisture, cleanse with a soap that has rich shea butter or nut oils. We love [Clarins Gentle Beauty Soap](#) (at right, \$15; Clarins.com).



> Finish your shower by rinsing off the mask, then apply a hydrating product to seal in moisture. Some body creams turn milky on wet skin, so opt for a fast-absorbing oil like [Melvita Bio-Excellence Extraordinary Dry Oil](#) (above, \$33; USA.Melvita.com).



The Age-Defying Shower

Have a drawerful of antiaging products but no time to use them? Multitask by doing an antiaging routine right in the shower. Look even younger with this plan.

> Start your shower by getting your hair in great shape. Shampoo, then apply a hair mask with strengthening panthenol and shine enhancers like dimethicone. Try [Pantene Pro-V Restoratives Time Renewal Hair Mask](#) (above, \$4.99; drugstores). Leave on for five minutes, then rinse.

> "Exfoliating your body is an instant anti-ager because it softens skin and makes it look less dull," Wilson says. Squeeze a shower gel with microbeads onto a loofah, then slough away rough spots by cleansing your body using circular motions. Try [Peter Thomas Roth Anti-Aging Buffing Beads Body Wash](#) (above, \$22; Sephora.com), which also has antioxidants that help to prevent age spots from forming.

> Next, soften fine lines by cleansing your face with a gentle microdermabrasion scrub, such as [St. Ives Timeless Skin Daily Microdermabrasion](#) (\$4.99; drugstores).

> While your skin is still damp, smooth on a body lotion that contains alpha hydroxy acid, which speeds skin-cell renewal so your skin looks less dull. Try [Dove Pro-Age Cream Oil Beauty Body Lotion](#) (above, \$5.99; drugstores); it also packs hydrating olive oil and glycerin to soften skin. **D**