

SUMMER SKIN FORECAST

Clear AND Bright

Story | JESSICA MEBANE

Time was, you'd hop in the bathtub with your rubber ducky and wash your face lickety-split with a good ol'fashioned, nubby, 99-cent washrag and feel freshly scrubbed all day; heck, if your grandmother got involved, you might even lose a freckle or two in the process.

The proper care and maintenance of your face and neck has evolved to take advantage of the newest skincare advancements while also matching specific skin type needs. If you've ever thought about trying a facial cleansing device, now is the time to use some of the great new products out on the market. Chances are you'll not only feel a difference in the overall cleanliness and brightness of your skin, but you'll notice improved absorption of your moisturizer and BB creams.

1. SMART BRUSH

Since 2001 the scientific team at Clarisonic has been the vanguard of at-home facial cleansing tool development, and the **Clarisonic Smart Profile** is the next generation answer to customizing your skin's best exfoliation and rejuvenation. With smart brush heads containing a smart microchip device programmed to automatically adjust brush head speed, frequency and cleansing time for specific areas of the face, this device removes makeup 11 times better than

cleansing with hands alone. Give it a whirl, and the good folks at Clarisonic not only "promise to change your skin, [they] guarantee it." clarisonic.com

2. SCHEDULING PERFECT SKIN

Rodan + Fields are also changing the at-home facial tool paradigm with their **Redefine MACRO Exfoliator**, which "makes it easy for women to get their skin in the best shape possible by setting aside five minutes each week for a professional level experience." The MACRO Exfoliator device features patent-pending DOC-SMART technology, which uses preset programs that provide varying, optimal levels of macro-exfoliation for each facial cosmetic zone. And as a bonus, this system includes MACRO Exfoliator Cooling Gel ampules to stop the dreaded, post-exfoliation red face before it starts. rodanandfields.com

3. PERFECTLY POLISHED PORES

Ever wonder just what sort of skin cleansing/exfoliation

system might be perfect for you? DDF Skin Care invites you to visit their website. After answering a few key questions about your tanning history and pores a customized skin system will pop up that is tailored to your specific needs. The recommended **DDF Revolve 500X Micro-Polishing system** includes Micro-Derma Polishing Crystals, three applicator options for cleansing and exfoliating, as well as smart timer technology to ensure a perfect routine.

In addition, you can try DDF cleansers and moisturizers that contain "breakthrough Turmeric complex," which is thought to accelerate surface cell turnover and eliminate free radical deposits to reveal youthful skin. ddfskincare.com ✦



DID YOU KNOW?

Your skin's cell system turns over about every 28 days, and exfoliation helps the process immeasurably. Try this DIY foot scrub formula before your next long soak or shower, and your feet will look and feel summer sandalicious afterwards.

Recipe courtesy of homemade-gifts-made-easy.com

INGREDIENTS

1 cup Epsom salt
1/3 cup sweet almond oil
10 drops peppermint oil or 5 drops lavender oil

INSTRUCTIONS

Mix all ingredients in a small bowl until mixture resembles moist sand. Scrub over feet and toes before showering, and store mixture in airtight container.