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fresh face

The secret to radiant skin? The right exfoliating and moisturizing routine. Here's what you need to know to fake a good night's sleep. BY INGRIE WILLIAMS

PART

CHEMICAL EXFOLIATORS

ALSO KNOWN AS

Alpha hydroxy acids (AHAs) like glycolic, citric and lactic acids and beta hydroxy acid (BHA) like salicylic acid

WHAT THEY ARE

BHA and AHAs help break down dead skin cells on the surface of the skin. These can exist in more intense treatments like peels (reserved for use a few times per month) or in lower doses in moisturizers that can be used daily.

HOW THEY WORK

As we age, we shed skin cells at a slower rate, which leads to dull, uneven skin. "Chemical exfoliators help melt the glue-like structure that holds these cells together," says Grace Nesci, a Toronto-based skincare specialist and trainer for Match Skin Strategy. "Revealing the fresh skin underneath at a faster rate will give you a radiant, youthful glow."

HOW OFTEN

Usage depends on your skin type and the type of product. "Someone with really oily skin can use salicylic acid daily," says Dr. Diane Madfes, a clinical instructor at the Mount Sinai Medical Centre in New York and consulting dermatologist for Garnier. Peels can be used once or twice a month if you have normal to dry skin and once a month if you have sensitive skin.

WHEN TO START

"To enhance radiance, start when you're 30 or older," says Madfes, "but if you have a lot of acne, start in your 20s."

BEST FOR

"All skin types can benefit from a chemical exfoliator," says Madfes. "If you have darker skin, you should do a small patch test on the inside of your arm to make sure that you won't have any pigment problems."



CITRA-PEEL HIGH INTENSITY RESURFACING PEEL, \$37; MATCH SKIN STRATEGY TEXTURE PEEL, \$100 FOR IN-OFFICE PROFESSIONAL TREATMENT; REVERSA CORRECTIVE NIGHT CREAM, \$32



We love radiant mom Cate Blanchett



NEOSTRATA ADVANCED DERMO SYSTEMS AT-HOME MICRODERM-ABRASION SYSTEM, \$61; BURT'S BEES PEACH & WILLOWBARK DEEP PORE SCRUB, \$12; NEUTROGENA ILLUMINATING MICRODERM CLEANSING PADS, \$13

PART

PHYSICAL EXFOLIATORS

ALSO KNOWN AS

Microdermabrasion, gommage peels and facial scrubs

WHAT THEY ARE

Products with a grainy texture that scrub away dead skin impurities

HOW THEY WORK

"Physical exfoliators actually polish the skin by removing surface debris," says Nesci. She recommends looking for products with fine, uniform beads - they're less likely to traumatize your skin. Physical exfoliators are gentler than chemical ones as long as the person

using them is gentle and doesn't overdo it, says Madfes. Use your fingertips to gently massage the product in a circular motion onto your face. This will help stimulate circulation. Never rub aggressively because this could tear the skin.

HOW OFTEN

Use these products up to three times a week if you have oily skin, twice a week if you have normal to dry skin, and once a week if you have sensitive skin.

WHEN TO START

From your early 20s onward. Physical exfoliators can tackle dull skin, dry patches and clogged pores.

PRODUCT PHOTOS: GEOFFREY ROSS; CELEB PHOTOS: WIREIMAGE

BEST FOR

All skin types, except hypersensitive skin conditions such as rosacea, psoriasis and eczema. "Anyone looking for immediate results should try a physical

exfoliator," says Madfes. "It's wonderful to remove makeup at night and great for acne sufferers because it loosens up sebum and allows for better absorption of acne-fighting ingredients."

PART

BRIGHTENING MOISTURIZERS

ALSO KNOWN AS

Daily creams or lotions containing vitamin C, kojic acid or licorice extract to brighten the skin

WHAT THEY ARE

Topical products that help reduce the appearance of hyperpigmentation (or dark spots) while hydrating your skin

HOW THEY WORK

Melanin is what gives your skin colour – its overproduction causes dark spots. Brightening moisturizers work to inhibit melanin production.

HOW OFTEN

You can use a brightening moisturizer daily, but you have to follow up with an SPF lotion. "It's a must," says Nesci. "Otherwise, you're counteracting its benefits because the sun will stimulate melanin production."

WHEN TO START

As soon as hyperpigmentation or dullness becomes a concern, which can be as early as your 20s, according to Madfes

BEST FOR

Any skin type that involves dark spots from sun exposure, hormonal changes or acne scarring. "If you have a medical condition, such as melasma, you should see a physician," says Madfes. "You may require a stronger, prescription-only brightener, such as hydroquinone."



Angelina Jolie's beaming skin is red-carpet-ready



GARNIER NUTRITIONISTE SKIN RENEW DAILY REGENERATING SERUM, \$19; JUICE ORGANICS BRIGHTENING MOISTURIZER, \$19; DERMAGLOW RADIANCE RX WHITENING TREATMENT, \$60

must-have ingredients

- 1. AHAs** | Glycolic and lactic acids are two of the most popular alpha hydroxy acids on the market. They're effective without overdrying your skin.
- 2. BHA** | Salicylic acid is the only BHA. It is a great exfoliator, especially if you get a lot of breakouts, because it penetrates oil to unclog pores and has anti-inflammatory properties.
- 3. Antioxidants** | Antioxidants like green tea and lycopene prevent premature aging by neutralizing free-radical damage caused by UV exposure, pollution, smoke and stress, which can damage healthy cells.
- 4. Vitamin C** | This vitamin reduces melanin production and is a natural exfoliant and powerful antioxidant.
- 5. SPF 15** | Coverage from UVA and UVB rays on a daily basis is essential to helping skin look younger and brighter now while preventing future damage.
- 6. Aluminum oxide crystals** | These intense crystals form the basis of microdermabrasion, which buffs the skin smooth. The popular professional treatment is now readily available through at-home kits.
- 7. Retinoids** | Derived from vitamin A – another antioxidant – retinoids stimulate collagen production and minimize lines. An SPF is also strongly recommended when using a retinoids because they make skin more photosensitive.