

beauty basics

10 steps to pretty

Make the e new promises to yo they re a breeze espe i with and duct p see beautiful why not get sta

2 Moisturize to the max.

Regular hydration is crucial to maintaining soft, healthy skin. **Paul Friedman, M.D.**, board-certified dermatologist and director of DermSurgery Laser Center in Houston, says that because damp skin absorbs much better, it's smart to apply moisturizer immediately after bathing, showering or washing your hands. For suppler skin head to toe, try the three here:

- **Clay Moisturize | Shower Radi Lot on st ew** way to hydrate You smooth t on dur ng your shower then r nse Spec ally formulated for ultra adherence and penetrat on t won t towel off
- **Clinique Superdefense 7 le Act on Moistur er SPF 25** prev des opt mal moisture and broad spectrum sun protect on and guards aganst environmental tox ns In tl ree formulat ons for all sk n types



Ph t s R ss W take (m des) Ant n s Ach e s (st s) Ma Ge Yn Ky ak s at Ma /NYC Makeup Ma g et Ave