

# Beauty Cheat Sheet

## How to Do a Facial at Home

Dull winter skin is a drag. Make your face dewy again with simple spa tricks—all you need is about 15 minutes.



Kristen Bell

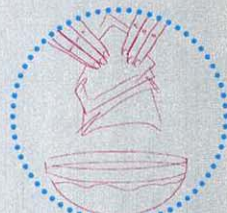


Clean and Clear Morning Burst Detoxifying Facial Scrub, \$6.49, won't irritate skin.

**The Pro** Kate Somerville, facialist to stars like Kristen Bell

**The Prep** Wash your face with your regular cleanser to remove makeup and dirt, then rinse with lukewarm water and pat dry.

**1** Soak a washcloth in very warm water, and place it over your face for a minute. Repeat three times—the steam will help soften your skin.



**2** Slough off dead skin using a mild scrub. Avoid grainy exfoliants, which can lead to irritation. Rub with a circular motion for a minute, then rinse off.



**3** Slather on a DIY mask (see recipe below) or a store-bought one packed with antioxidants like vitamin E. Wait three to five minutes before wiping off.



**4** Work a moisturizer (try Kate Somerville Goat Milk Cream, \$55) into your face and neck to lock in hydration. Store it in the fridge so it's refreshing.



**5** Dab a relaxing essential oil (like lavender) onto your pulse points (wrists and behind your ears) to help yourself stay calm.



### Moisture Surge

Mask recipe

Blend 3 tablespoons of dry oatmeal with 2 tablespoons of honey, then apply to skin for five minutes for a sweet, superhydrating mask.

