

WIN A SPA TRIP to The Lodge at Woodloch, A Destination Resort & Spa PAGE 88

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SOLUTIONS
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Flawless Skin
AT ANY AGE

Pure Relaxation
5 TEMPTING GETAWAYS



* *Red-rock
renewal
in Sedona,
PAGE 64*

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Jump your way to a slimmer body

TRADING UP

Spa-grade products combine potent ingredients with an esthetician-recommended regimen to treat everything from blemishes to signs of aging. While these higher-end options may sometimes require more of an investment than their drug-store or department store counterparts, in the long run you'll stop spending on skincare that doesn't deliver the results you want—and you'll look like a million bucks. MELISSA MACCALLA



IF YOU USE...

THEN TRY...

WHY IT'S WORTH IT



Clinique 3-Step Skin Care System
(from \$46, clinique.com)



Dermalogica Skin Kit (from \$35,
dermalogica.com)

Unlike Clinique, a cosmetics counter staple that uses milder formulations to suit a wider variety of skin types, **Dermalogica is sold only by licensed skin therapists that go through special training and contains higher concentrations of active ingredients.** For example, its Medibac Oil Control Lotion has niacinamide and zinc gluconate to regulate sebum production, control bacteria, and eliminate inflammation. Prior to purchasing a skin kit, have your face "mapped" at a spa (find one at dermalogica.com) to choose the set that works best for you.



Olay Regenerist Microdermabrasion
& Peel System (about \$25, olay.com)



Dr. Dennis Gross Skincare Alpha
Beta Daily Face Peel (from \$28,
dgskincares.com)

Though both are two-step systems, Olay's focuses solely on exfoliating—first with buffing crystals and then with a mild lactic acid. In comparison, the **Alpha Beta Daily Face Peel from Dr. Dennis Gross Skincare** efficiently removes cellular debris in one sweep with a powerful combination of glycolic, lactic, malic, citric, and salicylic acids, then utilizes a second step to neutralize the acids and infuse primed skin with retinol (increases cell regeneration), genistein (stimulates collagen), and resveratrol (prevents premature aging).



Cetaphil Gentle Skin Cleanser
(about \$8, cetaphil.com)



Biologique Recherche Lait Biosensible
(from \$54, biologique-recherche.us)

Cetaphil's prized nonirritating cleanser has hydrating panthenol but lacks ingredients that bring long-term balance to the complexion. **Biologique Recherche's Lait Biosensible goes above and beyond its dermatologist-recommended counterpart by not just removing dirt and makeup but also working to reduce sensitivity with botanical ingredients like sacha inchi oil (rebuilds the skin's natural protective barrier), grapeseed oil (regenerates cells), and kudzu extract (calms inflammation and helps treat rosacea).**