



Beauty File

Beauty Tips From The Experts

(NAPSA)—During the summer months the temperature isn't the only thing that changes, so does your beauty regimen.

"We all want soft, smooth skin," says Bayly Ledes, former beauty editor at *Elle* magazine. "and who knows better how to achieve beautiful looking skin than the experts—beauty editors." She recently sat down with the beauty editors at other top women's magazines to get their tips.

- To make skin radiant, you need to exfoliate, recommends Didi Gluck, beauty director at *Marie Claire*. You can do this daily if you use a gentle exfoliator with natural exfoliants. *Cosmopolitan's* Rachel Hayes suggests you exfoliate your body dry before you get in the shower to rinse off. A dry exfoliation, before you shower, will work to slough off the dry, flaky, skin. Bayly suggests trying St. Ives® Invigorating Apricot Scrub, which uses 100 percent natural exfoliants.

- Because skin tends to become oily in warmer temperatures, Denise O'Donoghue, beauty director at *Brides* magazine, says you should change your pillowcases frequently. Don't just change them with the sheets, have a spare set or two that you can use between washings. Treating your face to a fresh pillowcase can ensure that your skin will be resting on a clean, bacteria-free surface that smells good and is a treat for your complexion.

- Your skin loses the most moisture at night, *Cosmopolitan's* Hayes says, which is also when your skin is most receptive to



To avoid dry, flaky skin, exfoliation is a must.

absorbing and using ingredients like antioxidants and nutrients that help repair the day's damage. So for super soft and smooth skin, not only apply a body moisturizer in the morning, but at night too. Bayly suggests St. Ives Whipped Silk Intense Body Moisturizer, a lotion whipped with vitamins, natural emollients and Swiss botanicals.

- Felicia Milewicz, beauty director at *Glamour*, says you should be honest with yourself and care for your skin every day. You are exposed to so many things that can affect the way skin looks: sun, salt, air conditioning. You need to take inventory of your skin's needs regularly to make sure you are addressing potential problems before they come about.

- And don't forget to use sunscreen (preferably with an SPF of 25 or more) and makeup products with an SPF, *Brides'* O'Donoghue advises.