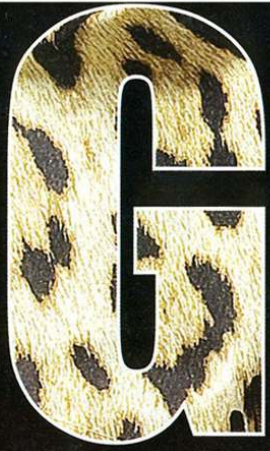


AUGUST 2011



GLOSS
magazine

HOUSTON★CHRONICLE

Early fall's
meow mix

SPOT-ON STYLE

Skin in the game:
Body scrubs

A fashionable
day in Paris





MELISSA PHILIP PHOTOS : HOUSTON CHRONICLE

Scrub-a-dub

Ready to slough off summer?

You don't want to overexfoliate your skin. That does more harm than good, dermatologists say. In fact, your body naturally sheds keratinocytes — dead skin cells — without any help. But a gentle scrubbing once or twice a week hastens the process and keeps the skin's surface smooth and glowing.

Sugar, salt, pulverized grains, nuts, seeds and glycolic (fruit) acids are among the arsenal of exfoliating ingredients. If time in the sun has parched your skin this summer, be sure the scrub you choose also has hydrating properties to restore moisture.

And delicious fragrance is always a nice bonus.



Comfort Zone's Sacred Nature Gommage, \$58, Trellis and Bella Rinova Spas



Carita Lagoon Renovateur Scrub, \$55, caritadirect.com and select spas and salons



Smashbox Emulsion Lip Exfoliant, \$18, Sephora, Nordstrom and Ulta



Proactive Solution Mild Exfoliating Peel, \$20, proactiv.com



Immortelle Brightening Instant Exfoliator, \$36, L'Occitane



Clark's Botanicals Skin Clearing Face & Body Wash, \$46, clarksbotanicals.com



Mama Mio O-Mega Body Buff, \$33, mamamio.com



DeCleur Aroma Cleanse Exfoliating "Fresh Skin" Body Cream, \$44, Nordstrom



AmorePacific Treatment Enzyme Peel, \$60, Neiman Marcus and Sephora



Laser Results Exfoliating & Hydrating Cleanser, \$36, laserresults.com and select doctor's offices



Dermelect Cosmeceuticals Microdermabrasion 2-3-Facial Reveal, dermelect.