

SFGate

home of the

San Francisco Chronicle

Subscribe to the weekend Chronicle

TUESDAY, JANUARY 11, 2011

New year, new you -- such a cliché! That said, this is a great time to work on rehydrating those elbows, knees and feet that will soon be in spring frocks and strappy sandals. As an ardent exfoliation fan, even I have to admit that many of my favorite scrubs -- salt, sugar, shell, whatever -- can be too drying in the winter weather. So I was delightfully surprised to learn about Dermelect's Thermaj Self Heating Total Body Polish.



It comes out of the tube stiffer than toothpaste, a firm white cream flecked with blue beads that create a heating effect when blended onto the body ("zeolite technology" according to the press release). It goes on smoothly, no grit, which made me question the power of its "polishing" abilities. The "heat" quickly dissipates (within seconds actually -- not sure I would have even noticed it if it wasn't mentioned on the box), but I was pleasantly surprised with the results. (No doubt thanks to the papaya and pineapple enzymes, one of nature's most potent cleansing and clarifying combos). The jojoba butter and Vitamin E leave a lovely moisturizing protective layer on the skin's surface, so I didn't have that shrinking raisin feeling later in the day (an especially nice bonus when wearing tights or long-sleeved sweaters all day).

4-oz. tube, \$40, available at Dermelect.com.

Official Beauty Tuesday rating: **A**