

# GLAMOUR

*Katie*  
On Tom, Suri &  
Loving Her Life

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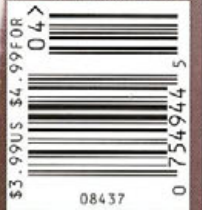
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PAGE 46

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APRIL 2009



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## 9 Skin Rituals Pros Do at Home

*If it's happening at the bathroom sinks of the top derms and facialists, it should be happening at yours, too.*

### Spa-Style Smoothing

In the shower, Great Neck, New York, dermatologist Jeannette Graf, M.D., rubs on a scrub *before* getting wet. "The grains grip dry skin better," she says. A natural-bristle body brush also does the job.



Give dry patches the brush-off: Crabtree & Evelyn Body Brush, \$12. [crabtree-evelyn.com](http://crabtree-evelyn.com).

### A Surprise Pimple Eraser

Yes, even skin experts get those oversize eyesores. New York City dermatologist Francesca Fusco, M.D., sometimes applies hydrocortisone (the stuff you use for bug bites) to hers and leaves it on for a few hours. "It's an anti-inflammatory," she notes, "so it reduces swelling and redness."

### Yogurt as Moisturizer

This weekly must-do for aesthetician Jacqueline Aghajanian at her Hair Lounge & Green Spa in Boston sounds like a party dip, but it's a natural skin mask. She grates the skin of a cucumber and mixes it with plain yogurt. She applies it to her face and neck for 20 minutes.

### A Fast Eye Bag Reducer

Dr. Fusco uses gellike sheets called Second Skin, \$8, [drugstore.com](http://drugstore.com).

Cukes: not just for salads. Skin pros love how moisturizing they are.

"They're for blisters, but when refrigerated, they take away puffiness in minutes," she says. (Get more tired-eye fixes on page 116.)

### The Two-Minute Facial

And you don't have to tip! Svetlana Nadirova, spa director of the Four Seasons in Punta Mita, Mexico, presses a hot washcloth to her face for 15 seconds, then repeats with a cold one. "I alternate them for two minutes, finishing with cold," she says. "It makes my skin rosy and fresh."

### A Blotch Fader

When her cheeks get ruddy, Dr. Graf puts a few drops of Visine into a tablespoon of water, dips in a cotton pad and pats it on to shrink blood vessels (and get the red out). She also rubs aloe vera gel on her wrists for irritation on your wrist first.

### A Quick Hand Treatment

"Hands often show your age before your face does, so I rub facial serum on mine at

bedtime," says Palm Beach aesthetician Tammy Fender. Hoarding that serum? Put it on your face, then apply what's left on fingers over the backs of your hands.

### The Vitamin E Lip Fix

To soothe a chapped kisser, Brentwood, California, dermatologist Jessica Wu, M.D., pierces a capsule of vitamin E and dabs on the contents. "The oil is much more emollient than a waxy balm," she says.



Derms use vitamin E to soften lips and cuticles.

### A Postshower Pore Purge

Dr. Wu uses blackhead-extracting strips right after a hot shower. "I pat my face dry, stick one on, then brush my teeth. The bathroom steam helps loosen dirt and oil buildup; it comes right out." —Wendy Schmid

The smile's a Do, but touching your face a lot? Don't.