

MORE THAN A PRETTY FACE

December 2009

marie claire

Sexy
HAIR
Glowing
SKIN

+15 essential
beauty treats

"MY MARRIAGE
FELL APART...
ON OUR
HONEYMOON"

9 best diet
strategies
from around
the world

FASHION
MUST-HAVES

»BAGS, BOOTIES & SKIRTS
»GIFT GUIDE: 215 EASY IDEAS
»TIM GUNN TALKS STYLE

**BLAKE
LIVELY**
grows
up

WIN
\$1,000,000»»
Enter our 15th
anniversary
GIVEAWAY!
turn to p.99

**BRACE
YOURSELF!**
Your guy's mid-
life crisis now
starts at 35

**NEW COUNTRY,
NEW JOB**
"I became a
geisha"

\$3.50



0 74851 08530 1



CONDITIONS: HOT & HUMID

The trick to prepping skin in perennially humid, hot regions like the **Southeast and Hawaii** is to adjust your antiaging routine as the temperature and humidity levels drop. "People who can use retinoids in the summer because the air is damper might need to mix them with moisturizers in the winter to prevent overdrying," explains Brandt.

Tammy Fender, a Palm Beach, FL-based aesthetician, emphasizes the need to tone skin in such naturally moist environments. "Most cleansers are alkaline and disrupt the acid balance of the skin, allowing natural hydration to escape," she says. Use an alcohol-free toner in the morning to restore the skin's proper pH balance, and spritz your face and neck with a toner mist containing a calming ingredient, like chamomile, throughout the day.

MC Recommends:

1. Neutrogena Ageless Restoratives Skin Renewal Moisture SPF 30, \$19.99.
2. Anew Reversalist Renewal Serum, \$44.
3. Aveda Green Science Replenishing Toner, \$39.
4. Biore Skin Preservation Even Smoother Microderm Exfoliator, \$14.99.



LOCAL GETAWAY The Palms Spa-Aveda, The Palms Hotel, Miami (thepalmshotel.com)

SKIN-DULGENCE The Perfecting Plant Peel (\$50 for 15 minutes), an Argan leaf extract and aloe-vera-infused peel, mimics the skin-brightening benefits of a 30 percent glycolic peel—and includes a scalp or foot massage to pass the time.



CONDITIONS: HOT & DRY

Seasonal temperatures may not shift significantly in the **desert**, but it's still important to alter hydrating and cleansing routines as the mercury takes a slight dip. To do this, Linder, who also practices in Scottsdale, AZ, stresses the importance of moisturizing with products containing humectants like hyaluronic acid to repair the skin's overbaked barrier. "But stay away from petrolatum and other comedogenic moisturizers that can cause breakouts," she warns.

Daily UV protection is also a must year-round, even indoors. "Many of my patients don't realize UVA rays penetrate glass," says Linder. Antioxidant-rich creams and serums help combat the free-radical damage done by sun exposure. And also hydrate from within. "The sun and lack of humidity dehydrate the body, as well as the skin," adds Fender. "Consume a lot of water, essential fatty acids, and fish oils to reduce the appearance of wrinkles." **mc**

MC Recommends:

1. DDF Advanced Micro-Exfoliation Cleanser, \$46.
2. Burt's Bees Peppermint Foot Lotion, \$9.
3. Olay Regenerist UV Defense Regenerating Lotion SPF 50, \$29.99.



LOCAL GETAWAY Lake Austin Spa Resort, Austin, TX (lakeaustin.com)

SKIN-DULGENCE The Age Arresting Facial (\$250 for 80 minutes) repairs UV damage with collagen-boosting blueberry and beech tree extracts, and smooths out fine lines while hydrating the skin.

