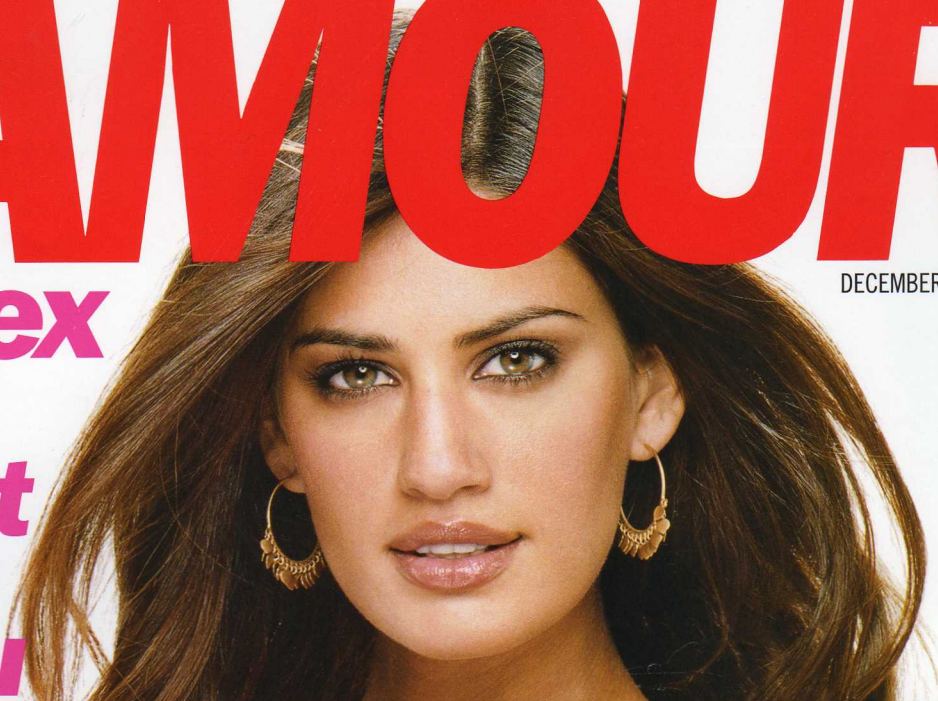


# GLAMOUR

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## The #1 Sex Secret Men Want to Know About You



### the energy facial

After a hectic fall fashion week, runway *über*-models flocked to New York City's Ling Salon for this \$230 circulation-boosting treatment, which leaves skin just-took-a-vacation fresh.

**BYO:** Try Ling's Honey & Almond Facial Scrub and Moisturizing Facial Masque (\$36 each, 888-815-5464), or use any ultra-fine scrub plus a deep-cleaning mask like Astara Blue Flame Purification Mask (\$37, 888-728-9191).

**MYO:** To make the scrub, add a quarter cup of oatmeal or pulverized almonds to half a cup of any creamy facial cleanser. For the mask, mix two tablespoons each of chilled yogurt, baking soda and green tea (for oily skin) or ginseng (for dry skin).

**The royal treatment:** Place a dollop of scrub on a washcloth and gently rub into clean skin in small circles, steering clear of your eye area; rinse with tepid water. Apply the mask with swift upward strokes; after five minutes, rinse with cool water.

**For extra pampering:** Ling Salon clients lounge in Zen-like surroundings. Re-create that ambience at home by lighting incense sticks and playing a CD of rain or ocean sounds.

