

Good Housekeeping

Lose Your Belly Fat



peel!

AWAY YEARS



From left to right: For dry skin, try Zia Apple Refining Mask or Astara Activated Sea Mineral Mask; for oily skin, try Zia French Clay Purifying Mask or Astara Violet Flame Enzyme Mask.

RESULTS IN 1 month

You can improve your complexion at the same time you're washing your face, says Richard Glogau, M.D., a cosmetic dermatologist in San Francisco: Twice a week, lather up morning and night with a wash containing alpha hydroxy acids (AHAs), which slough skin's outer layers. (Try MD Formulations Facial Cleanser or DDF Glycolic Exfoliating Wash 7%.) On the off days, use a gentle, non-acid cleanser. (Try Dove Sensitive Essentials Non-Foaming Cleansing Lotion.) After a few washings, says Dr. Glogau, your skin tone will be clearer and more even. In two weeks, the texture should improve. And at four weeks, you'll see major improvement. After a.m. AHA cleansing, use a sunscreen; before bed, follow with a face cream.