

[ADVICE / beauty crisis]

Beauty and health editor Eva Chen finds the perfect solutions to your primping problems.



SKIN DEEP NOXZEMA CONTINUOUS CLEAN DEEP CLEANSING MASK, \$5. DRUGSTORES.

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I love the thought of a spa treatment, but I can't afford it. Are there ways to give myself a good facial at home?
— Anonymous

If you can't shell out cash on expensive professional skincare treatments, don't worry. Although pampering your face in the comfort of your own home—beyond the generic three-step process (cleanse, tone, moisturize)—can be tricky, our experts have a few secrets that will make sure you get it right. Julie Lindh, Skincare Director of the celeb-haven Exhale Spa in New York City lets us in on her tried-and-true method for the perfect homespun facial: **1.** Find a quality product that reflects your skin type and utilizes the right ingredients. **For oily, acne-prone skin** you should use a clay mask like Astar's Blue Flame Purification Mask that deep cleans pores with sulfur. **For normal skin** minerals that balance and smooth like those found in Kiehl's Algae Mask are best. **For skin that is dry** try either a cream or gel mask. The Peter Thomas Roth Cucumber Gel Masque or DDF's Intense Hydration Mask will do the trick. Not sure of your skin type? Then go for something basic and clarifying. A mild mask with alpha hydroxy acids (AHAs) like Mario Badescu's Strawberry Tonic Mask will do wonders to brighten any type of dull skin. **2.** Start the facial by washing your face with a gentle cleanser to remove any dirt or makeup build-up. For good measure, put your face over steam for about five minutes to open any clogged pores. Although it's not absolutely necessary, exposing all pores will help the mask to absorb more oil. **3.** Next, exfoliate with a mild scrub like Bliss' Pore-Perfecting Facial Polish. **4.** Now apply the mask as directed. Note that hydrating masks can be left on overnight, but any clay-based mask will harden—regardless of what the packaging says