

Woodbury

the must-read magazine for long island

FALL 200

fall fashion

back to school

how to you

housing you flat screen

a mother's breast

breakthrough bathrooms

relaxing fall vacations

put on a happy face *magnificent masks*

by sarah greenberg

To the outside world, our skin provides a mirror of inner health. Its sensitivity to influences such as toxins, cold, heat, UV rays and stress reflect our age and mental state. And beyond our mid-twenties and thirties, new skin cell regeneration slows down, making it crucial to thoroughly cleanse and treat our skin with proper care for problem symptoms.

For those that can make weekly facial appointments: problem solved! But for the majority of us, between raising kids, working, making breakfast, lunch and dinner, and in general, taking care of everyone but ourselves, we barely have time to shower much less make a two hour facial appointment once a week.

Thankfully, it's easy to take back the power to be pretty with easy, at-home mask treatments to cleanse, re-hydrate and rejuvenate the skin.



Astara's Blue Flame Purification Mask is one of the all time best masks on the market for out-of-control skin. The mask deep cleanses pores and dries out oily skin while nourishing and strengthening the outer layers. The formula is an excellent quick fix for those pesky overnight breakouts. (Sephora, \$39)

