



Kate Somerville
Clinic-to-Go
Resurfacing
Peel Pads, \$48

L'Oréal Paris
Ideal Clean
Foaming Gel
Cleanser, \$5



hit your pillow without washing your face—a lot

This is the biggest—and most common—skin mistake women make, says dermatologist Debra Jaliman, author of *Skin Rules*. When you pass out without sudsing up, makeup, oil, and dead skin get trapped inside pores. Not only can this cause breakouts (what derms refer to as acne cosmetica) and small bumps to form, but over time, the repeated buildup stretches pores, says Dr. Jaliman.

REHAB PLAN Try this double-exfoliation tactic three nights in a row for a thorough facial-grade cleanup: Upgrade to a face wash that contains salicylic acid (like L'Oréal's, above) to slough off dead skin and makeup residue gently, says Dr. Jaliman. Then run a peel pad made with alpha hydroxy or lactic acids (Kate Somerville's, above, has both) over your face. (If you're naturally dry or prone to irritation, follow with an oil-free lotion, says Dr. Jaliman.)

SO YOU... binged on salty snacks

A single night of salty eating can cause serious bloat. Sodium dehydrates your body, preventing it from flushing out fluids, which then pool under skin. While the most obvious effect is puffy eyes ("Fluid retention can't hide under the paper-thin skin," says Dr. Jaliman), you'll also look and feel larger, plus even cellulite becomes more exaggerated.

REHAB PLAN Chug two glasses of water ASAP. It sounds counterintuitive (why water when you're already retaining it?), but a tall glass flushes out stagnating fluids. To deflate undereye bags, apply a cool compress for 10 minutes, says Dr. Rendon. (Keep TheraPearl's mask, below, on standby in your freezer.) If body bulge is bugging you out, spend five minutes dry brushing (commonly used in anticellulite treatments at spas, it encourages the movement of fluids). Using a body brush (try Earth Therapeutics Purest Palm Body Brush, \$10), make long, sweeping motions from your ankles toward your heart, then from your wrists inward. Finish with a caffeinated bloat-busting cream (like Bliss's, left).



Bliss Fatgirl
Sixpack, \$38

PerioSciences A0
ProVantage, \$43

TheraPearl
Eye-ssential
Mask, \$13

Dior One
Essential Ultra-
Detox Treatment-
Mask, \$95

Go Smile Double
Action 6-Day
Whitening
System, \$89