

PHOTOGRAPHED BY ROBERTO LIGRESTI

BEAUTY

Rites of Spring

You know what time it is—time to get
your beauty act together and taken on
the road. . . by marcy lovitch

Temperatures aren't burnin' up, but the "hot 13" beauty buzz is on:

1 MAKE A CLEAN SWEEP

Your mother told you to wash your face, but she didn't tell you to cleanse it twice to really rid skin of warm-weather debris deposits which are hanging out in your pores at your expense. Now's also the time to switch up and use the right facial cleanser for your seasonal skin type: foaming cleanser if your skin is normal to oily, since it strips the skin of excess oils; cream or milk cleanser if you're normal to dry, since both tend to be more hydrating, explains Cheryl Burgess, M.D., assistant clinical professor of dermatology at Georgetown University Medical Center. To figure out if you're more dry or oily in the spring, try Dr. Burgess's test: Take a few pieces of Scotch tape and stick them to your forehead, cheeks and chin. Wait two minutes and remove the tape. "If you find flakes on the tape, your skin is dry, if there are oil droplets, then you're more oily."

2 WHY WAIT? EXFOLIATE

Say bye, bye to ashy winter skin by getting rid of dead cells that haven't flaked off on their own. "Exfoliating makes your complexion appear smoother and can also prevent blackheads and acne," says Judi Rawls, an aesthetician at the Elizabeth Arden Red Door Spa at the Westin La Paloma Resort in Tucson, Ariz. To exfoliate properly, use a gentle facial scrub with small particles—preferably before cleansing—at least once at the beginning of the season.

3 PERK UP YOUR PORES

During warm weather months, super-cleanse your

face once a week, or twice if your complexion is oilier, with an alcohol-free toner to remove any leftover residue your cleanser might have missed. "Toners will temporarily tighten skin and give your skin a nice polish," says Dr. Burgess. "Some even contain minor exfoliants such as alpha or beta hydroxy acids which can also remove older dead skin cells."

4 DRINK UP MOISTURIZER

Don't use the warmer temps to nix moisturizer entirely, especially since the sun's potentially harmful rays will be stronger than in the winter. Even though our skin affords more protection against the sun because of darker pigmentation, there's still a risk of skin cancer and photoaging, says Dr. Burgess. So go for lighter, fresher moisturizers with an SPF of at least 15, such as Olay's Complete UV Protective Moisturizer. And don't forget your eyes: Since there's an absence of oil glands below your lids, it's important to make sure this sensitive area is replenished with a deep-acting undereye treatment to ward off fine lines and wrinkles.

5 RUB-A-DUB WITH SCRUB

After a long winter of hot showers and baths—"which cause the skin's natural oils to evaporate"—it's time to "polish yourself up" once a week before or after cleansing, advises Marc Zollicoffer, a Minneapolis-based body care specialist and Global Educator for Aveda. Use a loofah sponge or exfoliation glove with a smoothing body polish, preferably one mixed with oil for more lubrication such as Aveda Smoothing Body Polish. Afterwards, apply a

soothing moisturizer such as Jergens Skin Cooling Moisturizer with Cucumber Extract to still damp skin so you can absorb the hydration and keep it from evaporating.

6 SOFTEN UP (ON ONE CONDITION)

Come spring, there is more moisture in the air—and on your hair shaft—but that doesn't mean you can slack off. No matter what your style—locked, braided, natural or relaxed—always condition your hair after you shampoo, advises Marvin A. Carrington, a

hairstylist at Jelani's Hair Salon in New York City. For natural hair, use a cream or hot oil treatment to condition. Relaxed hair will benefit from a protein-based moisturizer. Locks: Steer clear of beeswax or any product that clogs hair and acts as a dust magnet, not to mention hardens hair and holds in perspiration. Instead, use a lighter pomade so hair can breathe in between once or twice-weekly shampoos and light conditioning treatments. If your hair is braided, the most important thing is to keep hair clean and well conditioned, especially the hair closest to the scalp and hairline



since the roots tend to get brittle even in the springtime.

7 SUMMON BILLIE HOLIDAY'S STYLE

The season's most romantic do's: loose, carefree waves or slicked-back hair. Adorn both with enameled flowers on bobby pins or a big white silk gardenia flower like the lady who sang the blues herself.

8 START BEING SHADY

Warm rich hair shades are hot this spring, so consider flashing up your hue to a simmering shade of cinnamon, caramel or sable brown. Or go for a splash of subtle copper or honey beige highlights and pick specific points to add color for what Carrington refers to as a "splashing" effect. "Take two colors that go together, like a medium warm brown at the hairline and a copper blond at the crown to add different dimensions," says Carrington. "Doing this allows the colors to blend and give the hair more depth."

9 DITCH AND REEVALUATE

Purge your old makeup: "If you're using a mascara that's older than three months, ditch it along with a foundation you've had for more than six months. Why? The more liquid a product is, the sooner infection-causing bacteria grows," says Dr. Burgess. Lipsticks can be kept the longest, for up to one year, since they're made with waxes and oils, ingredients not likely to breed bacteria. Eyeshadows, blushes and pressed powder can last up to one year, but if you're using any products with organic ingredients, throw them out after three

months. There's nothing in there to protect them against pesky organisms, which can cause infection if you use them on your skin.

10 URBAN TROPICAL

Get your spring groove on with vibrant tropical hues such as bright corals, apricots, light greens and golds for eyeshadow and pinky-beige nudes on lips. For foundation, wear a soft, moist dewy face and make the transition to spring makeup by switching to a sheer cr me blush for a healthy, you-glow girl look, suggests Make Up For Ever's facemaker, Delcar.

11 BECOME YOUR OWN FAIRYDUST GODMOTHER

Loose glitter, gold eyeliner, shimmery eyeshadows and glosses bring black beauty into focus this spring. "It's hard to wear corals or pinks without some sort of shimmer on the face," says Beverly Hills celebrity makeup artist Bobbe Joy. "And gold is definitely one of the prettiest accents on dark skin. Use gold powder as a highlight on cheeks, shadow on the browbone or eyelid, or put a gold lipgloss over your lip color."

12 NAIL DOWN SPRING

Put the burgundy shades in the bag and freshen up nails with this home remedy created by Yassi DeGiglio, a nail specialist for the bicoastal beauty agency, Fairweather Faces, NY: Gently push back cuticles with an orange wood stick you can buy in a drug store. File nails and soak in two parts water and one part



hydrogen peroxide, which removes any yellowing from any dark polish you wore this winter. Massage hands with a soothing lotion and apply one layer of base coat, then two coats of spring-is-here shades, such as a pale shimmery pink-taupe or hot and juicy fuchsia followed by a top coat.

13 GET RID OF THE ROUGH STUFF

Before you slip into a pair of mules or slingbacks, take a look at the bottom of your feet, which may have become hard, calloused and cracked from being trapped in boots and warm socks for

months," says DeGiglio, who recommends giving yourself a pedicure every two weeks during warmer months. To tackle rough callouses and tough skin on the heels and balls of your feet, use a pumice stone or a foot scrub. Try: H2O+ Spa Pumice Foot Scrub or Aveda's Foot Relief. Or heat approximately a half gallon of whole milk, let cool and soak feet for 10 minutes. Rinse off milk and use a scented foot lotion to massage feet. The season's best wake-up call: paint nails a funky color. "Use bright pink or orange on toes and a pretty red on fingernails," says DeGiglio. ☉