

COSMOPOLITAN

THE HOT ISSUE

NAUGHTY, NAUGHTY

SEX POLL

It's Official: We Got 2,000 Men to Reveal, "Do This, Not That" in Bed

Catching Up With **Britney Spears**

Together Forever? How to Still Flirt With Him

The Sex Angle That Intensifies

Female Pleasure

(Call It G-Spot Geometry)

Feel Sexier Instantly **50 QUICK TRICKS**

Inhaled the Whole Pizza?

How Not to Gain Pounds After a Pig-Out

Two Lists Every Cosmo Girl Needs

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SEX EXTRAS

* Give Off a Good-in-Bed Vibe

* Sex During Your Period (It's So Worth It)

We hate to say it, but if you're not regularly buffing your skin, it's not living up to its total hot potential. "Exfoliators are the unsung heroes of skin care," says NYC dermatologist Howard Sobel. "As teens, our skin cells flake off and reveal a more luminous layer every 14 days. But for every year past the age of 20, that rate increases by a day."

Buffing those bland layers offers a fresher surface plus clears your skin (by zapping pore-clogging cells) and eradicates fine lines (it stimulates skin-plumping collagen). And while there are loads of exfoliators—some gritty, others packed with acids or fruit enzymes—you can't slap just anything on your face. "Seeing results requires consistent use, and that won't happen if a product is irritating," says Dr. Sobel. Follow our guide and say hel-lo, gorgeous!

Your skin is...

NORMAL

Your stable, not-too-oily-or-dry face means you have a healthy barrier (it keeps good stuff like moisture in and bad stuff like irritating chemicals out). So you can use any kind of exfoliator, but there's one that'll pack a big punch.

YOUR BEST BUFFER

A serum, peel, or cleanser with glycolic-acid

Part of the alpha hydroxy acid (AHA) family of buffers, this super-small molecule can penetrate deeper than other AHAs, zapping a hefty amount of dead skin cells fast, says Dr. Sobel. (We love the nontacky feel of the Avon product below.) Try it twice a week, then work up to every other day. Or wash daily with glycolic-acid-rich Roc Pore Minimizing Cream Cleanser, \$10. Leave it on like a mask for a minute to get the acid's benefits.



Avon Anew Glycolic Facial Treatment, \$30

Your skin is...

OILY

Like chicks with normal skin, your complexion can also withstand all types of exfoliators. "Natural oils help prevent your face from becoming raw or irritated," says dermatologist Elissa Lunder.

YOUR BEST BUFFER

A salicylic-acid toner

This do-it-all ingredient zaps lackluster dead skin cells, which also block pores, plus dissolves excess oil that can lead to blackheads and breakouts, says Dr. Sobel. Just be sure to get it in a high concentration (shoot for at least 1½ percent) and as a toner, which is



Clinique Acne Solutions Clarifying Lotion, \$13.50

formulated to stay on skin, not wash off, so it has time to be effective. "Many concentrated salicylic-acid products are cleansers, and their benefits don't last long," says Dr. Lunder. Use one, like our pick at left (FYI: It's a toner, not a traditional lotion), every other day.

>> Double-Team Your Skin

Consider this Exfoliating 201: Using both a physical slougher (something gritty or beady) and a chemical one (an acid) offers a facial-like luminosity. "The combo breaks the bonds between surface cells and dissolves them evenly," says Dr. Lunder. This is aggressive, so do it only if you're normal or oily, and limit it to twice a month. To do the combo treatment in one step, try the buffing pads, right. They deposit lactic acid for a quick glow. Or use a nubby face brush to massage in a gel rich in fruit acids (like Garnier Nutri-Pure Daily Exfoliating Gel Cleanser, \$6) for 60 seconds.



Colbert M.D. Intensify Facial Discs, \$48

Dr. Dennis Gross SPF 30 towelettes, \$18 for 20



>> Don't Forget Protection

Any method of exfoliation lifts a portion of your skin's protective layers and reveals fresh cells, which are super prone to burns and sun damage, says Dr. Sobel. That means sunscreen is a must! Slather on a broad-spectrum version, which protects against both UVA and UVB rays. (You'll love the convenience of SPF wipes, like the ones shown above.)



Fruit acid can ramp up skin's radiance.