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# A *Spa* of Your Own

There's nothing we love more than playing amateur aesthetician. So we challenged the pros to create three at-home treatments just for *InStyle* that rival those found at luxe beauty retreats. Their advice: Splurge on tools you'll use again and again, as well as key active ingredients. Then raid your kitchen for everything else. (Who knew papaya was such a power exfoliant?) And, of course, always make time for a standing appointment—with yourself



## The Brightening Facial

SET ASIDE 25 MINUTES

By combining hi-tech devices with enzyme-rich botanicals, you can deep-clean pores, minimize sun spots, and soften wrinkles.

### DAMAGE CONTROL

If you have sensitive skin, test products on the inside of your wrist first

**1 PREP** Wash with a mild cleanser (try Bliss Clog-Dissolving Milk, \$28; blissworld.com). Then mist skin with a calming solution made of 1 tablespoon lemon juice diluted with a cup of water. Deep-clean pores with the Bliss Pore-fector (\$189; qvc.com), a tool that uses sonic vibrations to dislodge dirt, says Bliss's education manager, Wendy Allred.

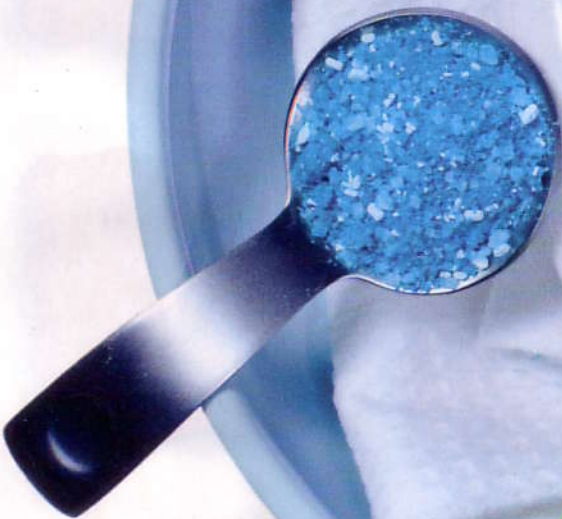
**2 EXFOLIATE** Spread a glycolic-acid serum (we like Renée Rouleau's 20 percent solution, \$46; reneerouleau.com) over your entire face, then slather on a mask made with  $\frac{1}{2}$  cup mashed papaya, 1 teaspoon yogurt, and 1 teaspoon honey. "The papaya and yogurt remove dead skin cells, while the honey helps draw in water and plump up skin," says Allred. Rinse after 10 minutes.

**3 TREAT** For an extra brightening boost, target dark areas with a spot fader made of equal parts strawberries and baking soda blended into a paste. Allow it to dry, then wash off. Finish with a color-correcting serum, such as SkinCeuticals Pigment Regulator (\$85; skinceuticals.com), which combines kojic acid with antioxidants to lighten and prevent future damage.

## The Medi Pedi

SET ASIDE 20 MINUTES

No matter how perfect your polish, rough calluses and cracked heels can make feet look downright grimy. This intensive treatment focuses on the soles of the feet using potent ingredients once reserved for the face.



**1 EXFOLIATE** Start by washing feet with an antibacterial soap, says N.Y.C. dermatologist David Colbert, who offers a similar treatment at his office. Then rub heels and balls of feet with a microdermabrasion pad, such as Neutrogena Healthy Skin Rejuvenator (\$39; drugstore.com), to remove dead skin.

**2 SOAK** Fill a large bowl with warm water. Add a generous scoop of mineral salts and soak for five minutes. "This softens skin so the acids you're about to apply penetrate better," says Dr. Colbert.

**3 TREAT** Tackle stubborn calluses with a glycolic peel (our pick: Dr. Dennis Gross Alpha Beta Daily face peel, \$80/30 applications; at Ulta). Avoid sensitive areas like the nail beds and in between toes. Finish by slathering on a foot cream that contains lactic acid (found in Amlactin, \$11; drugstore.com), which simultaneously exfoliates and hydrates.

### DAMAGE CONTROL

Got blisters? Wait for them to heal before trying this procedure

