

COSMOPOLITAN

21 NAUGHTY SEX TIPS

**Bold, Breathless Moves
That Bring On That
Crazy-in-Lust Feeling**

**Times
He Wants
You to Be
Jealous**

Minka Kelly
The Shocking Past You
Haven't Heard About

Shrink Your Inner Thighs!

IN SIX MINUTES A DAY

**4 Words
That Seduce
Any Man.
Anytime.**

PLUS

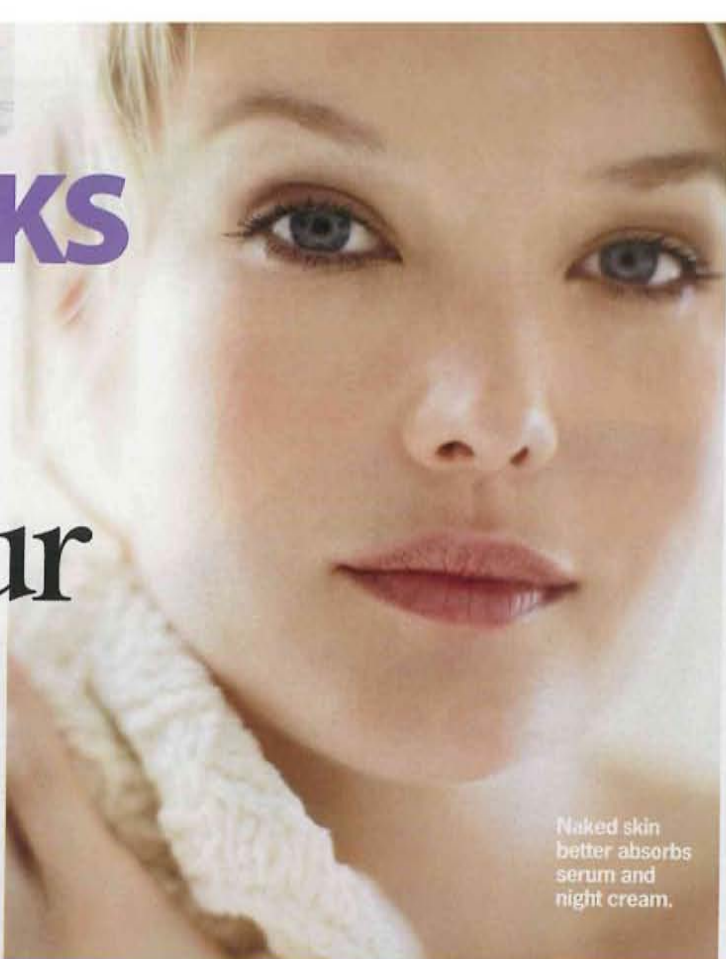
**This Ballsy
Choice
Scores
You Major
Happiness**



beauty SKIN TRICKS

Clean Your Face In...

Going to sleep with unwashed skin can cause pimples and make pores get bigger. We tell you how to degrime no matter how little time you have.



Naked skin better absorbs serum and night cream.

TIME

WASH THIS WAY

MUST-HAVE CLEANSERS

...30
seconds

While it's best to limit this habit to only once or twice a week, when you're short on time, just focus on removing your makeup with a cleansing towelette. "Pigment can build inside pores and stretch them," says NYC derm Dennis Gross. Use separate wipes on your eyes and face.



Bioré Makeup Removing Towelettes, \$8 (left); or Chanel Eau Douceur Cleansing Water, \$45, a no-rinse wash that you pump onto a cotton pad

...2
minutes

Before cleansing, take off your makeup with a wipe (makeup prevents cleanser from dissolving dirt and oil), then apply a dime-size dot of face wash with a battery-powered cleanser for 60 seconds. "The vibrations better dislodge debris than hands alone," says Michael Gold, a derm in Nashville.



Neutrogena Wave Sonic Power Cleanser, \$16 (here), comes with cleansing pads; or apply Aveeno Pore Purifying Wash, \$6.49, with Clarisonic Mia, \$149.

...5
minutes

Carving out a few extra minutes each night is ideal for your face. Use the previous steps to remove makeup and dirt, then two or three times a week, exfoliate to deep-clean pores, says Joely Kaufman, a Miami derm. And every day, finish by applying toner to your hairline and T zone.



H₂O+ Sea Mineral Scrub, \$18 (far left); for toner, Clinique Clarifying Lotion 2, \$21 (left)

...15
minutes

Once a week (after you remove your makeup, cleanse, scrub, and tone), add a detoxifying mask to your routine to mimic the skin-glowing results of a facial. Try one made of clay and fruit enzymes; the combo pulls sebum from your pores plus dissolves dead, dull-looking skin cells, says Dr. Gross.



Tata Harper Resurfacing Mask, \$55 (here), is made of pink clay and pomegranate enzymes.