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BEAUTY BUZZ

→ Beauty director Elaine D'Farley shares her favorite new finds, from "smart" concealers to acupuncture facials.

Back to the future

The most modern trend in beauty? Putting a fresh spin on centuries-old skin-care traditions. In spas like Shellie Goldstein's in New York City, facialists mix Chinese acupuncture with microcurrents and light therapy to boost circulation and collagen production. The result: "skin that's dewy and energized, with fewer fine lines," Goldstein says. At home, you can reap the benefits of Eastern remedies as well: Lylsilk Silk Beauty Cocoons (\$12 for 25) are inspired by the Chinese ritual of exfoliating with mulberry silk cocoons—simply place one pod over your finger, dampen with water and buff skin for a radiant glow. For extra hydration, pat on Sulwhasoo's Luminature Essential Finisher (\$90). With nourishing green tea and ginseng, it works like the beauty waters generations of Korean women have splashed on to seal in moisture. Even a shower can turn into a pampering ceremony with Ritual Hammam Body Mud (\$17), a paste with Rhassoul clay and eucalyptus that mimics the kind used in Middle Eastern baths. It will slough dead skin—leaving dry patches in the past.

EAT CLEAN

Easy ways
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