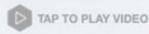


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BEAUTY BUZZ

→ 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: Lilysilk 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 Sulwahsoo'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.



Easy ways to stay on track