

ELLE

THE NEW FACE-LIFT

LESS PAIN,
SMALLER
SCARS,
MORE
LIKE YOU

**WOMEN
ON TOP**
HOW OUR
FAVORITE
MOVERS &
SHAKERS
SUCCEED

SPRING'S BEST 360+

JACKETS,
SKINNY PANTS,
CHIC HEELS,
& BAGS
FOR WORK
AND LATER

ELLE'S

**BEST
SEXIE
SMO**

**PLUS:
PROTI
ELLE.**

**PROMO
COI
NOT FOI**

APRIL 2007



WHY EVERYBODY
LOVES
**RACHEL
MCADAMS**

Talent, brains,
beauty, Ryan...
She has it all!

**ANXIOUS?
SELF-
CONSCIOUS?**

IT'S NOT
DEPRESSION—
HOW TO FEEL
BETTER

WHAT IT

THE SOFT-SKIN SAVANT **JOANNA CZECH**

For Joanna Czech, the Poland-born owner of NYC's Sava Spa (frequented by Uma Thurman and Kyra Sedgwick), getting buttery skin from head to toe requires serious commitment. That means a rigorous daily schedule of sloughing to ward off rough patches for good. Czech tells clients to switch to end-of-day showers. "It's better to do your exfoliation and moisturization at night, before you go to bed," she says. "You can apply a heavier lotion in the evening, and skip it the next morning. Just go for a quick rinse if you need to wake up."

SECRET WEAPON: A sugar scrub, applied with a skin-stimulating glove, such as Biologique Recherche's version, alternated with at-home acid peels. "The combination removes large flakes of skin and stimulates cell turnover," Czech says. "But don't use them on the same day; skin would become sensitive."

TRICK OF THE TRADE: "I continually change the temperature during a shower," she says. "It gets the blood flowing."



CZECH'S KIT: (Clockwise from top left) REN Ginger Revivo-Tonic Two Sugar Body Scrub "both exfoliates and moisturizes"; Biologique Recherche silicone glove; to "eliminate dead cells completely," Czech recommends using MD Skincare Alpha Beta Daily Body Peel twice a week.



**ADDITION?
FIND IT
AGAIN AND
GET WHAT
YOU WANT**