

THE BEAUTY EXPERT

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## Beauty101

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### How to Exfoliate Your Body

An Interview With Mina Gough

*Gough is the spa director at the Standard in Miami Beach.*

Body scrubs are an obsession in Miami. In our hammam, we use water and steam to make every inch silky.

- **Dry-brush.** To really loosen dead skin and help moisturizer sink in, buff with a body brush before getting in the shower. Sisal and jute brushes have very firm bristles; coconut bristles are a little softer and better for sensitive skin. Begin at your feet and work your way up so you don't miss anything. Really have at your soles, elbows, and knees.

- **Cool down.** Follow with a quick, cool shower. It gets the circulation pumping and soothes the skin.

- **Then scrub.** Turn off the water before you apply the scrub so it doesn't wash right off. For very dry or sensitive skin, try a formula with smooth beads instead of rough grains (**Nivea Touch of Renewal Body Scrub** is great). For normal skin, I love scrubs with AHAs to help dissolve flakes. No matter the formula, I always apply it with the **Biologique Recherche Massage Glove**. Follow the same path as the body brush, but ease up on the chest, where the skin is thin, and don't forget the backs of the hands.

- **Moisturize.** After rinsing off, pat yourself mostly dry with a towel and slather on a body lotion or oil with anti-inflammatory ingredients, such as calendula, arnica, and rose extracts. I like **Tata Harper Revitalizing Body Oil**.

## California Beauty

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Sun-Kissed Highlights,  
And Sexy-Body Treatments  
**PLUS:** Jennifer Aniston's  
Beach-Babe Waves

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