

# HOW TO GET SUPERMODEL-SMOOTH LEGS IN THE DEAD OF WINTER

*A step-by-step guide.*

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Winter comes with many pitfalls and most of them involve your skin. What winter **giveth in chic layering opportunities** it taketh away in flaky, dull looking skin—and nowhere is hit harder than your legs. The mix of cool weather, longer hot showers and a general neglect given they're always covered up can leave legs chalky and dry—not a good look seeing as we're all about saying 'to hell' with the bad weather and embracing an on-trend mini skirt this winter.

It was in this spirit that I recently began experimenting with exfoliation techniques. I refuse to spend the next three months forced to hide my legs under tailored trousers and baggy vintage Levis in shame (Though there will be a bit of that, but out of choice, not necessity). And I've stumbled on the perfect formula for supermodel-worthy legs. Here, my Holy Grail routine, step-by-step and utterly fool-proof.

First, you combine white sugar, extra virgin olive oil and freshly-squeezed lemon juice in a bowl. Then, in the shower, you scrub. Really scrub—slough off all that dead skin. Then shave (I use a razor for each leg, as per some advice I screen-shotted on Pinterest). When shaving I like to use

**Glossier's Milky Jelly Cleanser** instead of shaving cream or soap (the latter *really* dries your skin out).

Then—and this is the crucial part—scrub again, using the same sugar/lemon/olive oil mixture. Really scrub. Then, shave again. This time you're getting rid of any of the remaining dead skin, so make you're thoroughly cleaning the razor throughout.

Now, your legs should feel silky smooth. Get out of the shower and within three minutes (the golden rule!) apply a *slathering* of **Cetaphil's Moisturising Cream**. I have tried every product from Chanel's \$100 body lotions to the cult-following Kiehls Creme de Corps, and nothing works like Cetaphil's Moisturising Cream. Liv Tyler uses it!

Literally take a huge scoop with your hand and slather it on in a thick layer, and give it 10-20 minutes to properly absorb (a good time for a face mask. I'm on a **Biologique Recherche Lotion P50** binge at the moment as well as pretty much any Dr.Jart+ sheet mask).