



**glō**minerals™  
as seen in...

*renewal beauty notes*

**COLOR CUE**  
As the kiss of autumn cools the breeze and turns the leaves into an enchanting display of color, cosmetics are taking on warm, romantic hues. To fall in love with the look, pair the new rose and blush shades for cheeks, eyes, and lips with warm strokes of golden bronzer, an added touch of shimmery violet on your lids, or a seductive scarlet wash on your pout. Shown here: products from the fall collections of Chantecaille, Everyday Minerals, Franché, Glōminerals, Kevin Aucoin, Nvey Eco, and Susan Posnick. **MELISSA EATOUGH**  
FOR DETAILS SEE THE SOURCE, PAGE 94

*smoothing secrets*

Ever wonder why your skin feels so soft after an in-spa scrub but never quite as velvety after an at-home exfoliation? We certainly did, which is why we asked Tessa Holmes, lead esthetician at Sundara Spa & Spa before the Sundara Sandstone Polish is many a guest's favorite, for her advice on how to brush-up on your scrubbing skills.

- \* Make sure the scrub is intended for the body, not the face. "You can and should use something that's a bit more abrasive below the neck, because the skin on the body is thicker," explains Holmes. That said, overly aggressive exfoliation can irritate and even tear the skin, so stick with smaller particles like sugar or sand instead of the larger submersed apricot pits (or harsh chemicals). And use a light touch — the product should be doing most of the work.
- \* Always start at your feet and work up toward the torso. Once you reach the waist, work from the wrists up toward the shoulders. Moving toward the heart increases blood circulation, which brings more nutrients to the skin's surface.
- \* Focus on each section of the body for about two minutes. At home, we tend to move quickly, but in a spa, the technician will dedicate several minutes to every area.
- \* Don't scrub the same day you shave. "Both processes are exfoliating, and exfoliating too often can cause irritation and dry skin," explains Holmes. "You don't need to exfoliate more than two or three times per week."
- \* Use a moisturizing mist before applying body lotion. A quick spritz will give thirsty, post-exfoliation pores skin-softening hydration.



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