



### The one-stop detox spa

Situated in Santa Monica, ONE the Spa at Shutters on the Beach is a magnet for locals seeking to detox their skin through decadent spa services. Although the spot has always focused on total-body rejuvenation, spa director Kathy Zia recently added the detox-specific Omorovicza Pore Refining Facial and Red Flower Hammam Treatment for guests looking for serious skin repair. Both treatments use steam and mineral-rich mud to draw out impurities and deeply cleanse; Zia coins them as the “most therapeutic treatments on the menu, which make your skin look better immediately.” [shuttersonthebeach.com](http://shuttersonthebeach.com)

+ ● ● ● ● PRODUCT PICKS FOR DO-IT-YOURSELF RESULTS

+ + ● ● EASY-TO-INCORPORATE LIFESTYLE AND NUTRITION TIPS

The sun, pore-clogging products and everyday environmental toxins can leave skin looking less-than-healthy and in need of some serious TLC. But don't despair. These quick tricks can detox your skin fast—no major diet overhaul required.

# EASY WAYS TO DETOX YOUR SKIN



## Dullness-fighting duos

Our skin comes into daily contact with UV radiation, pollution, smoking and other environmental agents—all of which take their toll through either direct damage to our cells' DNA or by generating free radicals that can harm cellular structure. But how do we detoxify these damaging agents? "Broad-spectrum sunscreens that give maximum protection against harmful UV rays are the first line of defense," explains Austin, TX, dermatologist Miriam L. Hanson, MD, who adds that antioxidants vitamin C and E are the next step, as they fight against the free radicals after they hit the skin. "At night, vitamin A, which is now being incorporated with other powerful ingredients, helps rebuild collagen and repair damaged skin cells, while AHAs, like glycolic acid, gently exfoliate to keep pores clean."

## PREVENTATIVE MEASURES

protect skin with broad-spectrum sunscreens and products packed with antioxidants and skin-repairing ingredients

## EXFOLIATE REGULARLY

use products containing gentle exfoliators to keep your skin feeling fresh and renewed on a regular basis

## PAMPER YOURSELF

treat yourself and your skin to a day at the spa and indulge in treatments that revitalize and refresh your skin



"The ultimate all-in-one product for providing a punch of powerful skin-perfecting ingredients that creates a flawless look in the process."

"An oil-reducing gel that's gentle enough to use on even sensitive skin. Leaves skin feeling so clean."



## THE PERFECTING POTION

A dose of skin-stimulating Rhamnose perks up your complexion and minimizes the look of wrinkles in this anti-aging treatment. As an added bonus, thermal water purifies pores and soothes stressed-out skin. **Vichy LiftActiv Serum 10**, \$52, [vichyusa.com](http://vichyusa.com)

"Just a few drops of this lightweight serum perfects problematic skin and boosts its natural defenses."

"Hydrating, softening and restorative, this decadent scrub is the ultimate wake-up for dull, stressed-out skin."

### BEAUTY INNOVATION



## THE PORE CLEANSER

The brand that brought the BB Cream craze to the States introduces a one-step skin-care solution that dissolves impurities and draws out blackheads to keep pores pristine. **Dr.Jart Black Label Detox Pore Penetrator**, \$24, [sephora.com](http://sephora.com)



## THE SKIN PURIFIER

When petroleum and mineral oil sit on top of skin, they form a film that makes it difficult for toxins to be released. This cleanser cuts through impenetrable ingredients to minimize pores and reduce oil. **Molton Brown Malachite Cleansing Gelle**, \$48, [moltonbrown.com](http://moltonbrown.com)



## THE REVITALIZING SCRUB

Organic sugar cane and coconut powder gently exfoliate skin, while organic oils impart antioxidant properties for smoother, healthier skin. **Hadali Detoxifying Body Scrub**, \$90, [hadaliskincare.com](http://hadaliskincare.com)

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