



About Face

Skin care expert Abby Backlund knows from good looks. Her beauty spa, Facing Thayer, offers facials, body treatments and all kinds of pampering. Since the dead of winter is the harshest time for skin, we talked to Abby about protecting your mug from the elements this month.

The cold weather is so harsh on your face. How should you change your skincare regimen to protect yourself?

The cold dry air outside and the dry heat in our homes makes our skin very dehydrated and sensitized. We recommend that our clients add a hydrating toner that has hyaluronic acid in it. This amazing ingredient acts like a hydration magnet, binding water to our cells. My favorite is Dermalogica's Multi-Active Toner. Use it after cleansing, and before moisturizing to hydrate and refresh the skin.

The beauty magazines all suggest switching to a thicker moisturizer for the cold, but what about those of us who don't like the greasy feel?

Not everyone can handle a richer moisturizer in the winter. You can increase the effectiveness of your current moisturizer by adding a gentle daily exfoliant. In addition to providing a beautiful glow and smoother texture, it allows your moisturizer to penetrate the skin without having to fight through all the dry, dead skin cells that accumulate on the surface.

How often should you use facial

scrubs and masks in cold weather?

It depends on the product. If your scrub has a gentle grit and no chemical exfoliant, you should use it three times per week. I get the best results from a facial mask right after exfoliating. A good hydrating mask like Dermalogica's Multivitamin Power Recovery Mask can be used twice a week on all skin types. It is super hydrating, full of anti-oxidants, and calms sensitized or inflamed skin.

Is acne care any different this season?

Skin that is suffering from acne still suffers from dehydration during the winter months. Often, clients that are dealing with breakouts stop using a moisturizer because they assume that oily skin doesn't need it, but this can actually make skin oilier. When our skin is lacking water, it compensates by creating more oil. When this oil combines with built up dirt and dead skin cells, we end up with more pimples and blackheads. To keep skin hydrated, but not feeling greasy, use an oil free moisturizer created for acneic skin. Products with salicylic acid also help to stop breakouts, prevent clogged pores and speed up the healing process of acne scars.

How do you make yourself look fresh and glowing this time of year?

A professional exfoliation is the best way to get a quick, beautiful glow. I'm also a huge fan of a subtle bronzer during

the winter. Jane Iredale Mineral Makeup makes two different bronzers – Sunbeam and Moonglow. Both look beautiful and natural and give a perfect hint of color to sallow, drab winter skin.

What can you do to fight the inevitable dry, flaky arms and legs?

Using a great body scrub and a rich moisturizer is so important in the winter. Find something that you love the smell and feel of it and use the scrub at least three times a week, and the moisturizer every time you shower. Right now I'm addicted to Bliss Lemon and Sage Body Scrub and Body Butter. The Scrub is creamy but effective and the Body Butter is rich, but not greasy – both have a refreshing, light citrus smell that wakes me up every morning.

I'm going to a formal event, and I don't want to wear stockings. How do I make my arms and legs presentable?

A great year-round solution to the stocking dilemma is using a gradual build tanning lotion. At Facing Thayer, we have a great product called On the Glow. It is a lightweight, non-smelly moisturizer that builds a very natural gradual tan. I use it on my legs during the winter and it gives a subtle hint of color that is never streaky or orange. I use it every couple of days, and the color lasts all winter long!

297 Thayer Street, www.facingthayer.com

Tools of the Trade

Beat the Winter Blues with these great products



Bliss Lemon and Sage Body Butter, \$35

Bliss Lemon and Sage Body Scrub, \$36

Dermalogica Multi-Active Toner, \$28.50

Jane Iredale Bronzer in Moonglow, \$46

All available at Facing Thayer