

Smooth Skin

Your skin is your body's largest organ, and it deserves some extra TLC after the gruelling summer months. Take a few minutes every day to get your skin back on track. You will be thankful.

By Frederika Raymond

HAMMAM

Hamams have been an important part of Moroccan culture (and hygiene!) for ages. The deep cleaning process begins after spending at least one hour in a steam room. Apply a special pore-clearing Moroccan dark soap onto skin and wait a few minutes before washing with a rough mitten that will remove dead skin. Expect extremely soft and glowing skin afterwards.

Try this spa in Toronto for a truly magical experience!



MIRAJ HAMMAM SPA BY CAUDALIE PARIS, Shangri-la Hotel, 188 University Avenue, Toronto Ontario www.mirajcaudaliespa.com

Dry Brushing

Brushing the skin stimulates the lymphatic system (responsible for eliminating cellular waste and toxins), increases circulation, and reduces the appearance of cellulite. Ideally done once a day before showering, gently brush the entire body in the direction of the heart.



THE BODY SHOP GACTUS BODY BRUSH (\$5)

Not only is this natural bristle brush sustainably produced, it scrubs away unwanted dead skin cells, leaving your skin with a silky smooth finish.

Exfoliate

Exfoliating is the key to great skin. You need to exfoliate at least once a week to get rid of the fairly dead skin cells that accumulate on the top layer of your skin. Use a grainy scrub and good quality exfoliator to scrub your way to better breathing skin.



THE BODY SHOP GACTUS SORBUSIN MFT (\$5)

Made of natural acid, this mitt is perfect for scrubbing skin. It will regenerate the skin, banish dullness, and even out skin complexion.

LA PRAIRIE CELLUMIM-EVA FACE DE-COULEUR (\$10)
This luxurious mineral enriched gel will polish your skin by removing dead cells.

TATCHA POLISHED CLASSIC RICE ENZYME POWDER (\$15)
This water-activated enzyme powder will polish and brighten skin.

HYDRATE

It is important to hydrate your body and face daily with a great lotion or natural oil. Hydrate your insides by drinking plenty of water.



CHANEL HYDRA BEAUTY MOIST SERUM (\$25)
Chanel's water-light serum will keep your skin hydrated and glowing for hours.

LISE WATER HYDRATING CREAM (\$15)
Achieve silky smooth skin with this deeply hydrating face cream.

CLARINS HYDRATING FACE CREAM (\$15)
This hydrating face cream soothes and refreshes skin, giving you a smooth matte complexion.