

SCRUB A DUB DUB

Just because you're not lounging on the beach doesn't mean you should stop wearing sunscreen—make sure your daily regimen still includes getting at least SPF 15 on your face. But as you move indoors, put away the bottle of the heavy sunblock: Despite its great protective qualities, months of slathering it on your face leaves a residue. "In the autumn, it's time to get all of that excess gunk out of the pores," says Lomuscio. "So the first thing you have to do is exfoliate."

Spas like DePasquale (973-538-3811; depasqualethspa.com) have many exfoliation options, and Lomuscio recommends microdermabrasion for those who want a more in-depth treatment (a lighter one for people with sensitive skin is available, too). At Diced Lifestyle Spa in Livingston, clients can opt for the alpha hydroxy facial, which exfoliates dry skin layers with organic products (973-716-0101; dicedspa.com).

REHYDRATE

Once the residue and sun-damaged layers are gone, it's time to nourish your face with a full moisturizing facial. Lomuscio suggests getting a facial at every change of season—four times a year.

In winter, she gives a longer facial massage. "As the colder weather comes along, the oil glands aren't producing enough," she says. "Some stimulation may cause the glands to produce a little more." She uses a serum called Essence of Algae during the massage, and then applies a masque afterward. Then it's time to give the skin extra hydration with a heavy moisturizing cream. By the end of the winter facial, she says, "you'll get that glowy, dewy feeling."

At On the Side Spa in Westfield, spa-goers can make sure they get an extra jolt of H₂O by upgrading to the spa's classic Naturopathica pure results facial with "moisture drench," an enhancement that features hydrating cream fortified with black-cumant oil antioxidant (908-232-6595; otnrj.com).

GOLDEN GIRL

The holidays are a sparkly time, so why not splurge on a facial of the 24-karat variety? At Roop Ayurvedic Day Spa in Hoboken (201-216-0013; roopherbal.com), golden facials are the rage. After an herbal mud

Five must-haves to keep your face looking fresh this winter



1 Eye Candy
Clinique's super-moisturizing All About Eyes Rich cream helps diminish under-eye circles, puffiness, and fine lines (10732; clinique.com)

Ocean Petal
Averol Essence of Algae mist has marine minerals that hydrate the skin (325; DePasqualeTheSpa.com)



3 Foundation Hydration
Bobbi Brown's Moisturizing Cream Compact Foundation lasts all day and keeps skin flawless (340; bobbibrown.com)



4



Lipker Protection
Aveeno's Essential Moisture Lip Conditioner soothes chapped lips and protects them from the elements (35.45)

Box of Chocolates
The Bobbi Brown limited-edition best of Chocolates compact includes four eye shadows and four lip glosses (305)

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For a list of area spas, see page 88.

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