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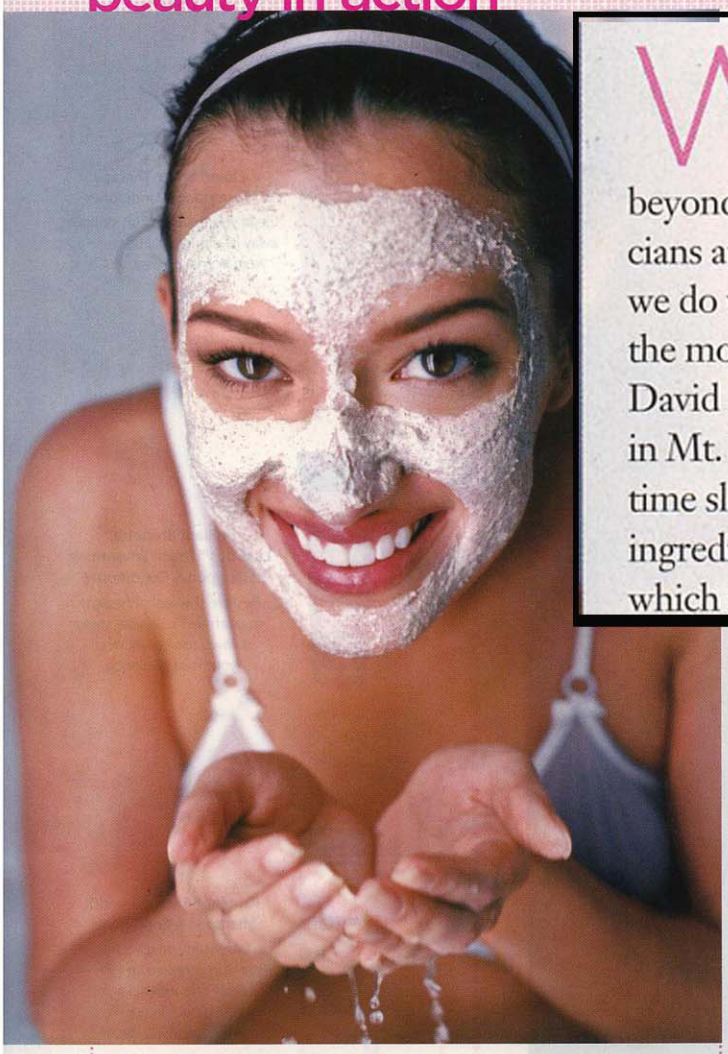
SHAPE YOUR LIFE

4 WEEKS TO BIKINI ABS

beauty in action



When your skin is acting up, you need to go above and beyond your basic regimen. "Aestheticians at spas don't cut corners the way we do when we're just going through the motions of our daily routines," says David Bank, M.D., a dermatologist in Mt. Kisco, New York. "They spend time slathering on the products and ingredients your skin really needs, which is therapeutic *and* de-stressing."

the world's 7 best facials

...and how you can achieve their results at home

Can't get to the spa? We've brought it to you. These do-it-yourself versions of some of the top treatments around will pamper your skin—and get it glowing. BY GENEVIEVE MONSMA

worth of at-home facials for about the same price as one spa session!

YOU WANT TO DEEP CLEAN

Try The June Jacobs Pinnacle Facial ($195) at Greenbriar Resort in White Sulphur Spring, Virginia. This 50-minute treatment includes two rounds of exfoliation to remove dead skin cells and unclog pores.

A mask applied weekly can help keep pores clear

Get the results at home

First, smooth the June Jacobs Papaya Purifying Enzyme Masque ($60), a gentle skin slougher, over clean skin, then relax for five minutes. Next, layer the June Jacobs Perfect Pumpkin Peeling Enzyme Masque ($76) over the Papaya Masque to intensify the exfoliation on areas where your pores are largest or where you tend to break out (e.g., the nose and chin). Wait another five minutes. Rinse off with warm water, pat dry, and spritz your skin with June Jacobs

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PLUS "I have skin cancer WHERE?"
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