

HEALTHY

BEAUTY • STRESS RELIEF • TRAVEL • HEALTHY HABITS

LIVING

L'Oréal Paris EverSleek Precious Oil Treatment (\$13, lorealparis.com) Argan and olive oils fight frizz without weighing down strands.

80 Acres Bath Salts (\$24, mcevoyranch.com) The olive groves and extra-virgin oil of McEvoy Ranch inspired this luxe line of body products. California sea salt softens skin and soothes muscles.

Bobbi Brown Soothing Cleansing Oil (\$42, bobbibrown.com) A mix of olive, sunflower, and jojoba oils gently cleanses sensitive skin.

Perricone MD Hypoallergenic Firming Eye Cream (\$65, perriconemd.com) Olive polyphenols (found in olives and their leaves) provide an antioxidant boost for sensitive under-eye skin.

More olive options, next page ▶



Olive Offerings

Olive oil is the number one nutritional glamour food of the last 25 years. It's also an essential ingredient in beauty products for skin and hair.



Vapour Organic Beauty Essence Restorative Night Treatment (\$90, vapourbeauty.com) Apply a few drops of this luxurious all-natural potion for a megadose of olive-derived moisture that yields brighter, more radiant skin.

Tata Harper Regenerating Cleanser (\$75, tataharperskin.com) Willow bark and pink clay naturally exfoliate while aloe vera and olive extract help heal and repair skin damage.

Alighiero Campostrini Soap (\$8.50, bigelowchemists.com) Available in four scents, this ultramoisturizing bar gets its skin-softening powers from 100% olive oil.



1987 FLASHBACK: *Does My Routine Hold Up?*

Back then, caring for your skin was all about wash, tone, and moisturize.

TURNED 9 YEARS OLD in 1987, which was about the time my mother introduced me to a beauty world beyond Bonne Bell Lip Smackers.

We went to the store to pick out a three-step skin-care system, and I soon grew fixated on scrubbing my makeup-free, 9-year-old skin. It didn't matter that my face had yet to reveal its first blemish, or that the late-'80s moisturizer contained zero SPF—that was

the moment I became officially hooked on paying attention to the health of my skin, and it's paid off.

Thinking back to the birth of my beauty obsession (beyond a dalliance with bright purple Tinkerbell nail polish at age 4), I wondered: How does the 2012 routine compare to the 1987 three-step version?

It turns out it's not all that different, though the products we use are. "Over the past 25 years, we have

developed advances in what we know about skin, and the technology of products has improved tremendously," says Diane Madfes, MD, assistant clinical professor of dermatology at the Mount Sinai Hospital in New York City and consulting dermatologist with Garnier.

Today's products work harder to achieve multiple results: smoother, firmer, sun-protected skin. "You want to optimize what you apply to skin and mimic

skin's own natural regenerative processes," Madfes says. Look for cleansers that contain vitamin C or glycolic acid. As for moisturizers, SPF of 15 to 30 is a must. However, you no longer need toner, Madfes says. Replace that step with retinols or line-erasing serums.

Twenty-five years later, my product lineup is sophisticated, but hopefully I am, too. Still, bright purple nail polish remains an essential.

—Cindy Hatcher