

2016 BODY

Saturation Point

Five luxurious potions to quench your skin during cold-weather months, plus four experts' tips for maintaining a healthy glow
By Eden Univer
Photographed by Jens Mortensen

Go Green

"Opt for natural ingredients, especially when picking an exfoliator. Scrubbing with a product that uses organic particles helps to replenish the oils already in your skin."

Shyou Hung, celebrity facialist

...gentle, daily, cleanser—nothing too harsh.)"
Zaharena Victorov, lead esthetician at the Sisley Spa at the Carlyle Hotel, New York City

Get Rich Quick

"I give clients a richer version of my cream, made with ingredients like shea butter, grape seed oil and avocado oil, which are known to help combat dry skin."
Dr. Barbara Sturm, specialist in advanced nonsurgical beauty treatments and molecular anti-aging medicine

Go Green

"Opt for natural ingredients, especially when picking an exfoliator. Scrubbing with a product that uses organic particles helps to replenish the oils already in your skin."
Shyou Hung, celebrity facialist

Kill the Chill

"When outdoors, keep your hands, face and neck covered. At home, try to keep bedroom temperatures low and use a humidifier."
Naima Redden, lead esthetician

