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5 Easy Steps to Flawless Skin

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# SEND YOUR SKIN INTO DETOX

Yasmin's a mother of three. With a body like this. (Okay, now we're really jealous!) She says, "I try to go to the gym whenever I get the chance—which isn't often. But I feel that exercising really does purify my skin and keep it looking young." Yasmin also gets her skin in shape at home. She says, "As I've gotten older, I've realized the importance of exfoliating and cleansing properly. Now I use a scrub or a mask on my face about once a week to get all the pores unclogged and give my skin a healthy glow." Try using a mild exfoliator like Clarins Gentle Exfoliating Refiner (\$24.50), which has perfectly round microspheres that won't scratch your skin the way some natural ingredients (like ground walnut shells) can.

"Another important step to flawless skin is to cut down on the drinks and stop smoking altogether," advises Yasmin. She hasn't reached for a cigarette in more than ten years, which has been a great skin saver. And recently, she tried not drinking any alcohol for a week. "The effect that it had on my skin was amazing," Yasmin says. She gets an A+ for her science project: According to New York City dermatologist Debra Wattenberg, M.D., alcohol does in fact dry out the skin and can cause broken capillaries; smoking both promotes the formation of wrinkles and makes skin look sallow. To combat dehydration, she suggests drinking lots of water, using a moisturizer, and taking vitamins daily. Bikini: Liz Claiborne.

