

TREATMENT

exfoliation benefits for a superdewy look.

ASK FOR: Dr. Kenneth Francis.

Miami

The Ritz-Carlton Spa, South Beach

PHONE: 786-276-4090.

WHAT: Prada Beauty Radiance Visage, \$275, 90 minutes.

WHY IT'S GENTLE: Instead of doing extractions, the aesthetician lightly brushes your face with a metal wand to lift away dead skin. Plus, the serums all come in ultrahygienic, single-dose vials.

RESULTS: Brightens skin and brings down discoloration. (Also cool: You walk away with a box of the Prada Beauty Lightening Concentrates used in the treatment.)

ASK FOR: Clarissa Zaikas.

Washington, DC

Washington Institute of Dermatologic Laser Surgery

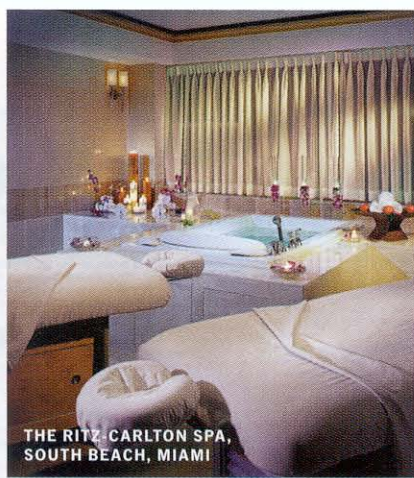
PHONE: 202-785-8855.

WHAT: Oxygenating Treatment for Sensitive Skin, \$150, 45 minutes.

WHY IT'S GENTLE: After a meticulous skin analysis, there's a customized series of masks, then a 15-minute cooling pure oxygen spray.

RESULTS: Minimizes hyperpigmentation and smooths and plumps up fine lines.

ASK FOR: Renee Tucker.



THE RITZ-CARLTON SPA, SOUTH BEACH, MIAMI

Coral Gables, FL

Dr. Brandt Dermatology

PHONE: 305-443-6606.

WHAT: Oxygen Facial, \$325, 60 minutes.

WHY IT'S GENTLE: A space-agey hyperbolic pressure machine infuses two serums (one for moisture, the other for reducing wrinkles) deep into the skin.

RESULTS: Treats psoriasis, eczema, and even burns; you're stunningly smooth and unspotty afterward.

ASK FOR: Wendy Hartway.

Beverly Hills

Sonya Dakar Skin Clinic

PHONE: 310-553-7344.

WHAT: Fitness Facial Treatment and green tea peel, \$225, 90 minutes.

WHY IT'S GENTLE: The add-on green tea peel is crucial here: There are ever-so-delicate extractions, but the healing antioxidants in the tea are so soothing that you can walk out without makeup.

RESULTS: Makes pores nearly invisible.

ASK FOR: Sonya Dakar.

cleansers



NEUTROGENA EXTRA GENTLE CLEANSER
A nourishing chamomile-and-vitamin-E face wash that comes in a satisfyingly oversized pump bottle. \$6, DRUGSTORES

NEUTROGENA
Extra Gentle Cleanser
Fragrance-free
DERMATOLOGIST RECOMMENDED
adds back moisture every time you cleanse
Neutrogena
6.7 FL OZ (200ml)



SONYA DAKAR SOYA WASH We love this rosewater-and-soy-infused milk as a makeup remover and for getting rid of a stayed-out-too-late lackluster complexion. \$39, SONYADAKAR.COM



SALLY HERSHBERGER FACE PLACE FACE WASH FOR DRY/SENSITIVE SKIN An ultraconcentrated, dime-size amount is all you need: Balances pH levels, re moisturizes, and doesn't make you itchy. \$30, SALLYHERSBERGERFACEPLACE.COM

kits



PATRICIA WEXLER M.D. DERMATOLOGY RESURFACING MICROBRASION SYSTEM Less intense than it looks: The exfoliating crystals in this are tiny and injected into a smooth thick cream, and the accompanying moisturizer is incredibly healing. \$60, BATHANDBODYWORKS.COM

EUCERIN REDNESS RELIEF SYSTEM Every component for a hypersensitive daily routine—spot-concealing treatment, day lotion, night cream, and a soothing cleanser—tucked into one box. \$15, DRUGSTORES

tip: watch out for steam.

Heat aggravates skin by dilating capillaries, says Miami dermatologist Dr. Fredric Brandt. Oxygen mists—which are calming and antibacterial—are a safer bet.

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