

FAVORITE PRODUCTS

SKIN DEEP



“It’s true that the inner body may need a detox after the holidays, and the same is true for the skin,” says **SIOBHAN MCKINLEY**, owner of Organachs Farm to Skin in Westport. She recommends starting 2019 with the healthy habit of dry brushing several times a week. Before getting into a hot shower, use a dry brush like **Voya’s Cactus-Bristle Exfoliating Body Brush** and brush upwards in a circular motion from the feet to the heart. This will improve circulation, she says, get rid of dead skin cells and prime skin for moisturizing. Dry brushing also stimulates the body’s lymphatic drainage system, which helps rid the body of toxins.

Next, use a granular body scrub with essential oils to hydrate skin and improve texture. McKinley likes **Bath Soak and Scrub by Kanya**, made of Dead Sea salts, Epsom salts, shea butter and lavender oil.



Voya's Cactus-Bristle Exfoliating Body Brush

1
brush



2
scrub

Bath Soak & Scrub by Kanya



3
hydrate

Voya's Angelicus Serratus Nourishing Body Oil

Hydrate next. “Using body oils is the best way to do this, as they penetrate the skin and there are no emulsifiers and barriers,” notes McKinley. Try **Voya’s Angelicus Serratus Nourishing Body Oil** or **Organic Bath Company’s Body Butter**. These nourishing products offer long-lasting hydration, a must for our long winters in Fairfield County.



“Beauty from within is what consumers are looking for now.”

—JANE IREDALE

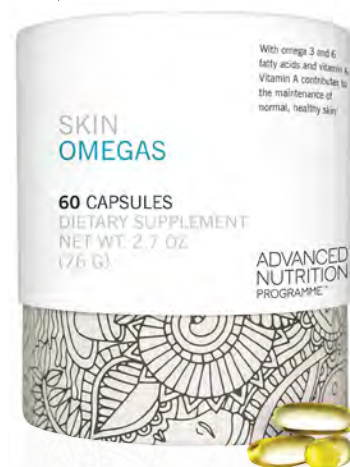
DAILY DOSE

Jane Iredale, founder and president of the eponymous line of mineral cosmetics and skincare products, believes you can bring about as much change in your skin by feeding it from the inside. This means clean eating and supplementing with nutrients that the skin loves. Iredale’s new Skincare Supplements are formulated with skin-loving vitamins and botanicals. Her favorites are:

SKIN OMEGAS
contain omega-3, omega-6 and vitamin A

SKIN VITAMIN A
Known as the antiaging vitamin

SKIN ANTIOXIDANT
“They all make a difference to the skin by promoting better moisture levels and leaving skin clearer, brighter and smoother,” says Iredale.



SOLD AT **SPAVIA SPA** IN STAMFORD, **NEW BEAUTY + WELLNESS** IN WESTPORT, AND **GREENWICH PHARMACY** IN NEW CANAAN AND GREENWICH

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