

TOYA CARTER'S EXCLUSIVE BACHELORETTE PARTY

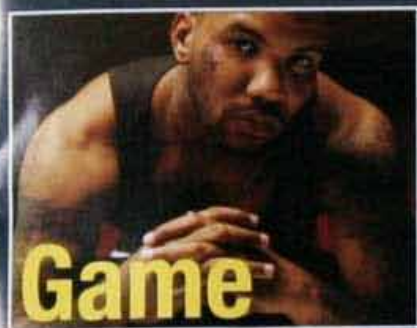
SEPTEMBER
2011

SISTER *sister*

GIVING IT TO YA STRAIGHT, NO CHASER



**Jennifer
& NeNe**
share their
relationship
war stories



Game

Is he willing to sit
down **with 50?**

Queen Latifah

“It doesn't matter to me
what somebody is writing.
I know **what's true**
about me and
what's not true.”



Rihanna



Keri
Hilson

How to keep your fake hair fly

Why is Latifah's
manager

**Shakim
Compere**
praising
Tyler Perry?

+

**LEDISI
TOCCARA
MIKE EPPS
AMEL LARRIEUX**

Sandra
Rose

DISPLAY UNTIL SEPTEMBER 6, 2011
\$3.99



s2smagazine.com



Let's be real: Some days, taking care of your skin is the very last thing you want to do. But if you hope to age with grace and have a clear complexion now and later, putting your face first has to be a priority. From dry to oily, normal to sensitive, here are five steps every girl should include in her skin care regimen. Because, c'mon ladies, we can all make the time!

Step 1: Cleanse

The first step in any good skin-care routine should always include washing your face before you hit the hay and again when you wake up. A good cleansing will remove dirt, dust, makeup, dead skin cells and other impurities that can clog pores, noted Dr. Peggy Chern of Westlake Dermatology & Cosmetic Surgery. "Even those who aren't typically prone to acne may experience breakouts if they're skipping this all-important step."

Clarisonic Aria Cleansing System (\$199, Sephora)



Our suggestion is...

"Use the Clarisonic Brush twice daily to pulsate and lift the dirt from your pores—a much more effective way to cleanse the face and neck," said Dr. Marina Peredo, dermatologist and founder of Spatique Medical Spa.

Face Time

5 steps every girl should include in her skin-care regimen

by Elizabeth Mitchell

Step 2: Exfoliate

To allow new, healthy skin to come to the surface and really get your face glowing, use a gentle exfoliant once or twice a week, advised fellowship-trained New York City plastic surgeon Dr. Adam D. Schaffner. Dr. Peredo added that a sugar-based exfoliant (the granules are smaller and less abrasive on your skin) is great for those who have sensitive skin or conditions like rosacea, acne or eczema.



**Benefit Cosmetics
B. Right Refined
Finish Facial Polish
(\$22, Macys)**

Our suggestion is...

Say goodbye to dull, dry skin. Infused with a subtle floral and cucumber fragrance, this stuff contains natural clay and seaweed extract and is rich in nutrients, minerals and sugars to leave your skin looking and feeling bright and refreshed.

Step 3: Protect

Consider SPF your new BFF! "A regular routine of sun protection not only decreases your risk of skin cancer, it'll help you maintain smoother, healthier and younger-looking skin over time," Dr. Chern said. Overall, African-American skin types don't show signs of aging as early as Caucasian or lighter skin types. Instead, melasma and dark spots (hyperpigmentation) are a bigger problem.

**Elta MD UV Clear
SPF 46 (\$23,
LovelySkin.com)**



Our suggestion is...

Slick on this super-lightweight SPF to help soothe and safeguard acne-prone, sensitive or photo-damaged skin.

Step 4: Moisturize

When it comes to moisturizers, celebrity makeup artist Julie Tussey of Angelo David Salon said your best bet is to soak some organic sesame seed oil into your skin. "Its penetrating properties will allow you to lock in moisture faster. Simply use it after a shower and apply it just like a regular lotion."

**Revlon Eterna 27
Moisture Cream
With Progenitin
(\$15, Walmart)**



Our suggestion is...

If the smell of pure sesame oil is a bit too strong for your tastes, try this sesame oil-infused moisture cream with a subtler scent.

Step 5: Antioxidants

According to health expert and well-known medical doctor Isaac Eliaz, antioxidants such as beta-carotene, vitamins C, E and A, lutein, selenium and lipoic acid, are all important for protecting and promoting skin health. "They work best when taken orally and applied topically in the form of creams, serums and lotions. Look for a comprehensive natural skin-care product that contains a broad range of antioxidants or combine multiple products to get better results." You should also supplement your diet with natural sources of these and other powerful antioxidant nutrients.



**Dr. Dennis Gross Skincare
Hydra-Pure Antioxidant
Firming Serum
(\$95, Nordstrom)**

Our suggestion is...

Firm up and fight free radicals with this antioxidant-and-retinol-packed product that aims to reduce the signs of aging. **S**