



body

A Refreshing Bath
Hormones & Skin
Men's Spa

TREAT YOUR HANDS AND FEET

Beat summer
dryness on
your digits

By **Kristin Vukovic**

After the sun and surf have taken their toll, your damaged, dehydrated skin needs a solid pick-me-up. Avoid the “lobster claw” and embarrassing sandpaper heels with these at-home solutions, which do more than just pamper your hands and feet—they firm, tone, hydrate and repair, leaving you with brand new skin. ➔

PAMPER YOUR PODS

For inspiration, I visited Sweet Lily Natural Nails in New York City, and indulged in their new Coconut Pineapple Pedicure. After soaking my tired tootsies in a refreshing blend of pineapple juice topped with freshly sliced pineapples, the nail technician exfoliated my legs and feet with a coconut sugar scrub, followed by an intoxicating coconut cream massage and polish. sweetlilyspa.com

THE AT-HOME SOLUTION

SCRUB Fill a basin with warm water, pineapple juice and freshly sliced pineapples, which contain naturally exfoliating alpha hydroxy acids (AHAs) that whisk away dull, dry skin. Soak for 10 to 15 minutes, then scrub with **Earth Therapeutics Footsie Foot Brush**. The foot-shaped wood base is perfectly proportioned for an easy grip and maneuvering, and firm bristles sweep away dirt and debris. \$3.99; earththerapeutics.net

EXFOLIATE **SheaMoisture Coconut & Hibiscus Body Scrub** contains vitamin E, a powerful antioxidant. The shea butter and sugar-based scrub is also packed with hibiscus flower, a natural emollient that treats dry, rough skin and improves tone. Coconut oil nourishes and firms. \$9.99; sheamoisture.com

MOISTURIZE **Caldrea Coconut Fig Leaf Body Crème Soufflé** helps revive skin by restoring elasticity and hydration with shea butter and rice bran oil. This cream has a subtle scent and no greasy residue. \$28; caldrea.com

POLISH Add sparkle to your life with **SpaRitual Special Edition Laugh Collection Nail Lacquer**—a fun summer array of vivid glittery colors that you can layer and mix. Shades include Optimistic, Hugs, HA...HA..., Giggle, Out Loud, and Burst. \$12 each; sparitual.com

REJUVENATE While your toenails dry, perch your feet on a **Bed of Nails** pillow. Inspired by ancient Indian healing traditions similar to acupressure, the plastic nails activate pressure points on your feet, helping the body to release endorphins—leaving you feeling good. We love the new pink pillow, which you can pop under your desk for instant stress relief. \$24.95; us.bedofnails.org



PHOTOGRAPHY BY ROBIN JOLIN

HEAL YOUR HANDS

Treatments at Savor Spa + Boutique, one of New York City's premier eco-chic spas, feature locally produced products from Om Aroma & Co., a luxurious anti-aging organic skincare line. My technician shaped my nails, softened cuticles with Om Sweet Baby Organic Oil—also excellent for dry, cracked hands. She spritzed my palms with toner, then exfoliated with a delicious sugar scrub. The treatment concluded with a heavenly hand massage. savorspa.com; products at omaroma.com

EXFOLIATE **Sumptuous Astara Citrus Lavender Sea Salt Scrub** gently exfoliates dry surface skin with Dead Sea

salt and papaya enzymes, and moisturizes with invigorating citrus and calming lavender. \$39; astaraskincare.com

REPLENISH **Caldrea Sea Salt Neroli Hand Balm** combines sweet almond oil and shea butter to soften even the driest hands. The 3-oz. tube is perfect for travel and easy to pop into a purse. \$10; caldrea.com



ESSENTIAL EXTRAS

BANISH BACTERIA Apply **Derma e Tea Tree and E Oil** directly to clean, dry skin or nails. Tea tree oil is a natural antiseptic that fights fungi and bacteria, while Vitamin E oil aids with burns and abrasions (e.g. blisters from too-tight heels). \$13.75; dermae.com

SOOTHE AND MOISTURIZE If you've had too much fun in the sun, rescue your skin with **Kerstin Florian's Aloe Gel**, a cooling blend of aloe vera and sea-derived vitamins and minerals that provide soothing comfort to sunburned skin. \$44; kerstinflorianusa.com