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BACK-TO-BASICS BEAUTY

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GREAT

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Skin-care lessons

How to wash your face

1. First wash your hands. Touching your face with dirty fingers can spread bacteria, which may lead to clogged pores and breakouts.
2. You may not need to cleanse in the morning unless your skin is oily or you've just exercised. At night, if you use long-wear makeup, take it off with a waterproof-makeup remover or a wipe. This will allow the cleanser to really penetrate the skin.
3. Splash your face with cool or lukewarm water, then, with your fingertips, massage a dollop of cleanser into your skin in a gentle circular motion to emulsify the product fully, advises Luigi Polla, a dermatologist and the founder of the Alchimie Forever skin-care line. Rinse with more water, then lightly pat dry with a towel.

EXTRA CREDIT: Cream cleansers don't always lather and dislodge debris as effectively as gels do, so use them with a washcloth, says Elizabeth Tanzi, a dermatologist in Washington, D.C. Don't forget to wash the cloth after each use to avoid germs.