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RIGHT NOW

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BAKING, DECORATING, ENTERTAINING—
ALL YOUR FALL FAVORITES!

MasterChef's
kid-approved
recipe!

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#SELFCARESUNDAY

FACE MASKS

Treat yourself—and your skin—to a mask. There are hundreds of options, but we'll help you pick the best one for your skin's needs. Even just once a week, a quick (15 minutes or less!) treatment can work wonders on your complexion.

If you're looking to...



Reduce shine Clay is the go-to ingredient for absorbing excess oil, says Mona Gohara, MD, associate clinical professor of dermatology at Yale School of Medicine. **Try:** L'Oréal Paris Pure-Clay Purify & Mattify Face Mask, lorealparisusa.com, \$13

Minimize the signs of aging Alpha hydroxy acids remove dead skin cells to bring a glow to your complexion, says Joshua Zeichner, MD,

assistant professor of dermatology at Mount Sinai Hospital in New York City. They also speed up collagen production. **Try:** Skyn Iceland Fresh Start Mask, ulta.com, \$39

Protect from pollution Antioxidants, like green tea, protect skin from free-radical damage caused by pollution and the sun, says Gohara.

Quick tip
Remove most masks with warm water and a soft washcloth.

Try: Innisfree Hydrating Sleeping Mask with Green Tea, us.innisfree.com, \$19

Combat dryness

Hyaluronic acid acts like a sponge that absorbs water (up to 1,000 times its weight) to plump and hydrate, says Zeichner.

Try: Avon Anew Hydra Fusion In-Shower Mask, avon.com, \$15

Reduce redness

Thermal spring water contains minerals that decrease redness and the inflammation that can accompany it, says Zeichner. **Try:** Eau Thermale Avène Soothing Sheet Mask, aveneusa.com, \$9.50

Detoxify skin Think of charcoal as a vacuum for your face—it sucks out impurities like dirt, oil and makeup, says Gohara.

Try: Yes To Tomatoes Detoxifying Charcoal SnapMask Stick, target.com, \$16

Brighten a lackluster complexion Vitamin C reduces hyperpigmentation for a more even skin tone, says Zeichner. **Try:** Farmacy Bright On Massage-Activated Vitamin C Mask, farmacybeauty.com, \$38

Treat acne Benzoyl peroxide kills acne-causing bacteria to clear up existing breakouts and prevent future ones. Zeichner suggests a low concentration (say, 2.5%) to minimize the risk of irritation. **Try:** Neutrogena Rapid Clear Stubborn Acne Daily Leave-On Mask, neutrogena.com, \$9.50



THINK THIN When applying a cream, gel or liquid mask, a thin layer does the trick. Any more wastes product.