

SKINCARE REPORT

DIG DEEP

WE'VE LEFT NO STONE UNTURNED IN THE QUEST FOR SMOOTHER, SOFTER SKIN. MEGAN MCINTYRE UNCOVERS THE BEST INGREDIENTS *INSIDE* THE EARTH



if you want to put your best face forward, look down—way down. “Metals, muds, and even some spring waters are natural sources of the essential minerals needed for a healthy, radiant complexion,” explains Dr. Shereene Idriss, a dermatologist in New York City. “They’re key for the structural development of your skin and also play an important role in protecting it from environmental damage.” Read on for more reasons why crystals, precious metals, and even lava (!) should be on regular rotation in your beauty routine.

Magic Crystals

“In ancient times, crystals were crushed into powders or carved into tools that were used to stimulate the skin,” says Sadie Kadlec, a crystal specialist at Maha Rose Center for Healing in Brooklyn. In pulverized form, they contain trace minerals that may benefit skin and can also act as exfoliants. As for all the purported emotional and mystical benefits of crystals? “Using them may make you *feel* better,” says Idriss, but it’s probably just a placebo effect.

MALACHITE

Sometimes referred to as the Botox crystal, malachite is rich in natural copper that gives it skin-firming benefits, according to Ginger King, a cosmetic chemist in Parsippany, New Jersey. Kadlec says it can also “reduce inflammation and encourage collagen and elastin formation, helping to combat wrinkles.” Tracie Martyn’s aptly named Complexion Savior mask has a malachite-centric complex to brighten skin and temporarily plump fine lines and wrinkles.

1. TRACIE MARTYN Complexion Savior, \$80.

QUARTZ

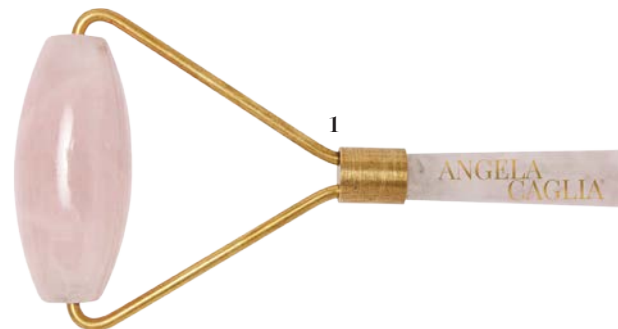
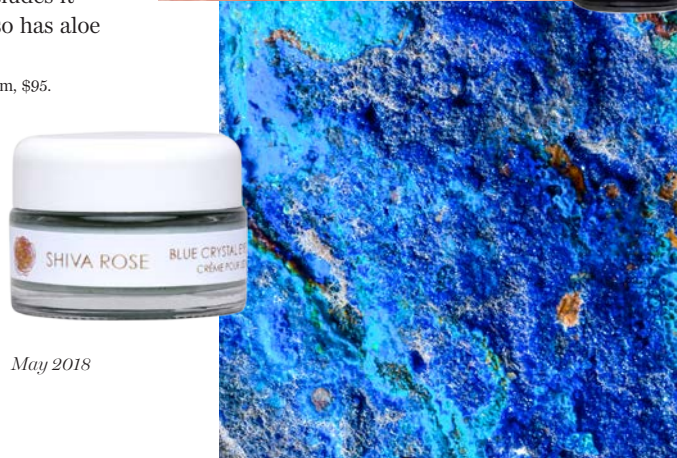
This semiprecious rock is a crystallized version of the mineral silica, and the pulverized particles make excellent exfoliators. The mix of rose quartz and red jasper in De Mamiel Botanique’s polisher sweeps away dead skin for a glow that makes other exfoliating grains feel pedestrian by comparison.

2. DE MAMIEL BOTANIQUE’S Brightening Cleanse & Exfoliate Powder, \$64.

AZURITE

This copper-rich stone is believed to stimulate natural skin processes, Kadlec says. Shiva Rose includes it in her eye cream, which also has aloe for its anti-puffing powers.

3. SHIVA ROSE Blue Crystal Eye Cream, \$95.



ROCK AND ROLL

Chances are your Insta feed has been taken over by crystal face rollers in recent months. These pretty tools—usually made out of jade or rose quartz—may seem like the latest trend, but they’re nothing new to aestheticians. “I’ve been using a roller in my treatment room for years,” says celebrity facialist Angela Caglia, who uses it to massage her clients’ faces and move along lymphatic fluid so skin looks less puffy and wrinkles become less noticeable. (To get the benefits at home, just roll it over your face for a few minutes in gentle outward strokes.) *Gua sha*, an ancient Chinese practice utilizing a special flat stone, works in much the same way: Skin Gym founder Karina Sulzer recommends “zoning” your face—jaw, chin, cheeks, under-eyes, brows, and forehead—and then sweeping a *gua sha* tool downward and outward over each area. Press lightly so you don’t damage skin, and repeat three times on each area for best results. And if a facial massage feels like too much work, check out GingerChi’s eye mask, which looks like a sleeping mask made out of tiny pieces of jade. The cool weight of the stones can help reduce puffiness. Just place it over your eyes and relax—that’s all there is to it.

1. ANGELA CAGLIA La Vie en Rose Rose Quartz Face Roller, \$65.
2. SKIN GYM Jade Gua Sha Crystal Beauty Tool, \$32. 3. GINGERCHI Jade Chi Mask, \$38.



STILL LIVES, COURTESY OF THE COMPANIES; PHOTOGRAPHS, FROM TOP, VLADIV/GETTY IMAGES; NYKEYRUNA/GETTY IMAGES; DOMICIANO PABLO ROMERO FRANCO/ALAMY STOCK PHOTO

Earth Angels

Clays and muds are some of the most well-known and widely used skincare ingredients. They come in many variations—and from many different locations—but in general they're effective for reducing sebum production, clearing pores, and making skin feel temporarily tightened. That's not to say all are created equal. "Some of them also have other treatment benefits, depending on their mineral makeup," says Idriss.

MONTMORILLONITE

The negatively charged particles in the creamy green clay, named after the region in France where it's mined, attract positively charged debris in pores, pulling them out for a skin-clearing effect. L'Oréal combines it with two other clays and yuzu-lemon extract in its new skin-brightening mask.

1. L'ORÉAL PARIS Pure-Clay Clarify & Smooth Mask, \$13.

KAOLIN CLAY

This pure white clay is often sourced from—and, in fact, is named for—Gaoling, a hilly region in

southeastern China. Philosophy uses it alongside salicylic acid in its Purity mask, which helps clear blackheads and dissolve oil and dead-skin buildup that can clog pores and lead to breakouts.

2. PHILOSOPHY Purity Made Simple Pore Extractor, \$35.

VOLCANIC MUD

Mineral-rich soils and clays often come from volcanic regions, like Jeju Island, in Korea. Innisfree harvests clays from the island's cooled and solidified lava fields for its range of colorful masks that remove excess surface

oil and dislodge grime from within pores.

3. INNISFREE Jeju Purifying Pore Clearing Color Mask, \$9.

RHASSOUL

Sometimes referred to as Moroccan lava clay, this skin booster comes from the country's Atlas Mountains. "It's rich in magnesium and oil-absorbing silica, making it great for those with oily skin," says Idriss. Shea Moisture makes a version you can combine with water and other ingredients to make DIY treatments.

4. SHEAMOISTURE Beauty Hack Face + Body + Hair Moroccan Rhassoul Clay, \$10.



Smart Water

It's not all rocks and mud in the beauty underworld: Thermal and spring waters are a prime source of geological goodness. Water that flows deep below the Earth's surface picks up trace minerals and elements from the stones it passes through, and many of these, like zinc, magnesium, and calcium, have skin benefits, according to King.

RÉOTIER SPRING

L'Occitane tapped this famous spring in the Hautes-Alpes region of France for its new skincare line. The water contains one of King's favorite skin-boosting minerals: calcium. "It has the ability to open the channels that moisture flows through between skin cells, and that boosts overall hydration," she explains. Add a little magnesium into the mix (also present in Réotier spring water), and you've got an even more potent hydrator.

1. L'Occitane Aqua Réotier Ultra Thirst-Quenching Gel, \$29.

ANCIENT BATHS

Italians have been bathing in the therapeutic baths of Montecatini since the 14th century. Madonna's MDNA skincare line used these "blessed waters" to create its signature complex, M.T. Parca, which contains the same moisture-boosting minerals (in the same ratio) that naturally appear in skin.

2. MDNA SKIN The Reinvention Cream, \$75.

VICHY WATER

Sourcing H₂O for its products from the volcanoes of the Auvergne region of France, Vichy has found that the 15 trace minerals in it make for a holistic protector by strengthening the skin.

3. VICHY Minéral 89 Fortifying & Hydrating Daily Skin Booster, \$30.

Precious Metals

The shiny stuff normally found in your jewelry box may seem like another trendy ingredient companies are putting in products for the glamour factor, but there are more to metals than their flashiness. Benefits differ depending on the element, but some have antibacterial properties, while others may boost circulation and help reduce fine lines, says King.

SILVER

When you think about treating blemishes, this metal probably isn't the first remedy that comes to mind. But King says silver, specifically in colloidal form (particles suspended in liquid), has stellar antimicrobial powers that battle breakouts. Beverly Hills aesthetician Sonya Dakar—the woman responsible for Gwyneth Paltrow's glow—uses it with probiotics and soothing rosemary and sage in her clarifying face wash.

1. **SONYA DAKAR** Silver Clarifying Wash, \$59.

GOLD

Adding specks to masks and lip balms may give them a striking reflective quality, but if you want therapeutic benefits, you need more than a few flakes: Look for creams and serums that feature gold high on the ingredient list. “Conductivity tests show that it can create a micro-current that improves circulation, giving you a more radiant complexion,” says King. Chantecaille pairs 24-karat nanoparticles with silk peptides that fight inflammation and speed up skin healing (to fight environmental damage) in its new anti-ager.

2. **CHANTECAILLE** Nano Gold Energizing Face Cream, \$420.

COPPER

This element “is integral for youthful skin since it's used in the production of elastin and collagen, its two main structural proteins,” says Idriss. It's particularly effective in peptide form (a compound that links amino acids) because it acts as a

catalyst to increase collagen production, adds King. Natura Bissé includes a powerful copper peptide in its serum that smooths lines and gives skin a more lifted look.

3. **NATURA BISSÉ** Inhibit High Definition Serum, \$750.

PLATINUM

Luxe line La Prairie conducted clinical studies showing its antiaging products made with this rare material improve skin texture and firmness. Its new night serum features an updated version of a proprietary platinum peptide that helps boost production of skin-fortifying collagen and elastin.

4. **LA PRAIRIE** Platinum Rare Cellular Night Elixir, \$1,200. For information on where to buy, see Shopping Directory.



IMPORTANT SAFETY INFORMATION (CONTINUED)

Serious and/or immediate allergic reactions have been reported. They include: itching, rash, red itchy welts, wheezing, asthma symptoms, or dizziness or feeling faint. Get medical help right away if you are wheezing or have asthma symptoms, or if you become dizzy or faint.

Do not receive BOTOX® Cosmetic if you: are allergic to any of the ingredients in BOTOX® Cosmetic (see Medication Guide for ingredients); had an allergic reaction to any other botulinum toxin product such as Myobloc® (rimabotulinumtoxinB), Dysport® (abobotulinumtoxinA), or Xeomin® (incobotulinumtoxinA); have a skin infection at the planned injection site.

Tell your doctor about all your muscle or nerve conditions, such as ALS or Lou Gehrig's disease, myasthenia gravis, or Lambert-Eaton syndrome, as you may be at increased risk of serious side effects including difficulty swallowing and difficulty breathing from typical doses of BOTOX® Cosmetic.

Tell your doctor about all your medical conditions, including: plans to have surgery; had surgery on your face; have trouble raising your eyebrows; drooping eyelids; any other abnormal facial change; are pregnant or plan to become pregnant (it is not known if BOTOX® Cosmetic can harm your unborn baby); are breast-feeding or plan to (it is not known if BOTOX® Cosmetic passes into breast milk).

Tell your doctor about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Using BOTOX® Cosmetic with certain other medicines may cause serious side effects. **Do not start any new medicines until you have told your doctor that you have received BOTOX® Cosmetic in the past.**

Tell your doctor if you have received any other botulinum toxin product in the last 4 months; have received injections of botulinum toxin such as Myobloc®, Dysport®, or Xeomin® in the past (tell your doctor exactly which product you received); have recently received an antibiotic by injection; take muscle relaxants; take an allergy or cold medicine; take a sleep medicine; take aspirin-like products or blood thinners.

Other side effects of BOTOX® Cosmetic include: dry mouth; discomfort or pain at the injection site; tiredness; headache; neck pain; and eye problems: double vision, blurred vision, decreased eyesight, drooping eyelids and eyebrows, swelling of your eyelids and dry eyes.

For more information refer to the Medication Guide or talk with your doctor.

To report a side effect, please call Allergan at 1-800-678-1605.

Please see Summary of Important Information about BOTOX® Cosmetic on next page.