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Fancy fingers

"I am amazed. These polishes not only dry quickly, they also last for days on end and keep their super-glossy shine. Between the two colours, I can match any outfit!"
—Stefanie Polsinelli, editorial assistant. Estée Lauder Limited Edition Pure Color Nail Lacquer in Chameleon Prism and Caramel Prism (\$25 each).

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Orange aid

"Ah, sweet bliss! This scrub is a refreshing finale to a soothing cleanse with a perfumed soap."
—Catalina Margulis, copy editor. Esteban Fraicheur Andalous Perfumed Soap (\$12), Bliss Sweet Orange + Spearmint Sugar Scrub Skin Softening Body Polish (\$53).

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China doll

"This oriental fragrance is the perfect perfume for cocktail parties. Its sophisticated blend of black plum, bergamot, jasmine and saffron will make you the star of the evening!"
—Beatriz Juarez, art director. Elizabeth Arden 5th Avenue After Five Eau de Parfum Spray (\$56 for 75 mL). For details, see Shopping Guide. □



MICRO-MINIS

Micro-dermabrasion improves skin tone and smoothness and gives a glow to the face, with results lasting for weeks. Dr. Peter Vignjevic (www.doctorv.ca), assistant professor of dermatology at McMaster University Medical School, says the procedure can help with mild acne and very fine lines, but does not recommend it for wrinkles, deep lines or broken blood vessels. Professional micro-dermabrasion procedures involve blowing very fine sand-like particles onto the skin and suctioning the particles and dead skin cells away. At-home kits have the particles suspended in creams, and the rubbing action of applying the product causes the necessary abrasion.
STEFANIE POLSINELLI

Tips for at-home use

- Wash hands before applying.
- Use firm but not hard pressure when applying the product.
- Avoid the eye area.
- Rinse well and pat dry.
- Apply sunscreen before going outside.

Vichy Laboratoires Peel Microabrasion Rejuvenating Resurfacing Kit (\$79); Lancôme Resurface-C Micro-dermabrasion kit (\$110).

