

Prevention

December 2018



INGREDIENT ID

Get Glowing Skin With Clay

One of today's trendiest beautifying ingredients is actually thousands of years old: clay.

It's now gotten a sophisticated refresh, popping up in everything from cleansers to spot treatments. Masks are a great choice because you can pick one based on your skin type. "If you have oily or combination skin, apply a clay face mask—one with rhassoul or French green clay is best—to shiny areas once a week," says dermatologist Ava Shamban, M.D., assistant clinical professor of dermatology at the UCLA-Geffen School of Medicine. "Kaolin or rose clay is milder and a good choice for sensitive skin."

CLAY: DANIELLE OCCHIOGROSSO DALY.



Prevention Picks

Olay Fresh Reset Pink Mineral Complex Clay Face Mask Stick (\$10, drugstores)

L'Oréal Paris Pure-Clay Detox & Brighten Cleanser (\$7, lorealparisusa.com)