



Soothe Stressed Skin

by April Franzino

A spa facial might not fit into your holiday budget, but you can give your skin TLC with an at-home mask. “Put it on just before you shower; the steam enhances the penetration of the ingredients,” says Marta I. Rendon, M.D., founder of the Rendon Center for Dermatology & Aesthetic Medicine in Boca Raton, Florida. Follow her tips below to choose the right mask for you.

Skin type: OILY

Best formula:

Clay, which pulls out impurities and minimizes oil

Our pick: **Olay**

Professional Pro-X

Clear Intensive

Refining Sulfur

Mask Sulfur Acne

Treatment (\$30, drugstores), made with 10 percent sulfur, which fights acne

Skin type: COMBO

Best formula: Gel,

with exfoliators, like retinol and gentle acids, to help rejuvenate skin

Our pick: **Dr. Dennis**

Gross Skincare Age

Erase Recovery

Mask (\$48, Nordstrom

stores), a two-step self-heating treatment with retinol and ascorbic acid

Skin type: DRY

Best formula: Cream,

infused with hydrators like shea butter, hyaluronic acid and natural oils

Our pick: **Caudalie**

Vinosource

Moisturizing Cream-

Mask (\$40, Sephora

stores), which contains nourishing grapeseed oil and hyaluronic acid