

Just Try It

FINGER POINTERS



After watching women make the same mistakes for decades, manicurist Carolyn Cianciotto decided it was time for some enlightenment. "Certain polishes can make your hands look shorter, fatter, or rougher," Cianciotto says. "I want to help women find their ideal shades." Her new line of polish, Carolyn New York, provides the best red for light skin (a blue tone called West Village), medium skin (the brickish 61st & Lex), and dark skin (orange-based Lincoln Center). What's more, you can brighten, lighten, or defrost any lacquer simply by layering it with another from the collection. Cianciotto even includes specific tips on mixing shades with each of her 40 polishes. Consider them a sort of color sutra. —MEIRAV DEVASH

Nice Package

Blot Treatment

While most black books carry bragging rights, Tarte's version is all about discretion. Little Blot Book tucks blotting sheets and an antioxidant-rich mattifying powder (with brush) in the company's purple compact—ensuring that your secret (shine) never gets out.

—MOLLY FRIEDMAN



BODY TREND

Softer Scrubs

"No rough stuff"—dermatologists use the phrase almost as often as hookers do. The former are usually referring to exfoliating scrubs with coral, bamboo, or pumice. When we saw those very offenders in several new body scrubs, we consulted a professional. "You should always be careful when using scrubs that contain insoluble ingredients with jagged edges, such

as pits, shells, and stones," says Jeannette Graf, assistant professor of dermatology at NYU Medical Center. However, many of these exfoliators contain ingredients that have been crushed, pulverized, or powdered to make them almost as fine as microspheres, she notes. In general, "how gently you apply a scrub matters more than what's in it," Graf says. —ERIN QUINN

THE PRODUCT	Crabtree & Evelyn Naturals Botanical Body Scrub in Edamame, Rice & Bamboo	Juara Candlenut Body Polish	AquaTanica Spa AquaSculpt Body Refining Scrub	The Body Shop Satsuma Body Polish	Lancôme Resurface Microdermabrasion Body Polishing Treatment	Clarins Smoothing Body Scrub for a New Skin
WHAT IT DOES	Polishes with powdered rice bran and bamboo; moisturizes with almond and rice-bran oils.	Candlenut oil hydrates the skin while walnut-shell grains slough.	Exfoliates with pulverized coral and extract of rock samphire (a maritime plant); tones with laminaria seaweed.	The foaming gel buffs with crushed walnut shells and loofah particles.	Finely ground pumice and aluminum-oxide crystals deliver a one-two punch.	Bamboo powders sweep away dull skin; moringa-seed peptides firm and purify; shea butter conditions.
WHAT WE SAY	It was gentle enough for our sensitive skin, but its bittersweet, molasses-like scent was almost overwhelming.	The spread's texture seemed coarse, but it actually soothed our skin while smoothing it.	The milky blend dissolved rough patches on our elbows and knees and smelled like ocean air.	It instantly relieved our dry, flaky limbs—and didn't make our tub slick.	The tiny particles gave our shoulders a nice sheen without being overly abrasive.	Applied to dry skin pre-shower, the floral-scented cream left our skin feeling softer—and tighter, even—than it had in months.

SHOPPING GUIDE: AquaTanica, bathandbodyworks.com. The Body Shop, thebodyshop.com. Carolyn New York, carolynofnewyork.com. Clarins, clarins.com. Crabtree & Evelyn Naturals, crabtree-evelyn.com. Juara, juaraskincare.com. Lancôme, lancome.com. Tarte, tartecosmetics.com.