

## BEAUTY 7-MINUTE SKIN CARE

### STEP 1 Do a *Dual Cleanse*

Unlike your grab-a-wipe-and-call-it-a-night method, this two-part step leaves no grime behind. Oil breaks down makeup; foams get at tough-to-remove particles like those in sunscreens. Will you do it every day? Maybe not. But you should try, says N.Y.C. dermatologist Cybele Fishman: "Having a few minutes a day to really pamper yourself benefits your emotional and psychological well-being."

#### start with OIL ...

##### Best for Sensitive

#### Whamisa Organic Flowers Cleansing Oil

Avocado, camellia, and jojoba oils soothe skin while licorice root extract and fermented dandelion gently brighten it.

\$38; glowrecipe.com.

##### Best for Normal

#### Julep Bare Face Cleansing Oil

Antioxidant-packed olive and grape-seed oils help repair aging-free-radical damage from the sun. Grapefruit peel and rosemary leaf extracts do the cleaning.

\$28; nordstrom.com.

##### Best for Dry

#### Eve Lom Cleanser

This luxurious balm, made with calming chamomile, antibacterial eucalyptus, and clove oils, melts into your skin.

\$80; evelom.com.



#### ... finish with FOAM

##### Best for Sensitive

#### Belif Creamy Cleansing Foam

Free of SLS and SLES—surfactants that can be harsh on sensitive skin types—this formula is gentle and made with detoxifying soapwort and wormwood (say that three times fast).

\$26; sephora.com.

##### Best for Normal

#### Jurlique Herbal Recovery Antioxidant Cleansing Mousse

This mousse washes without stripping, using a combo of botanical ingredients like calendula and rose hip.

\$34; jurlique.com.

##### Best for Dry

#### Ole Henriksen Empower Foaming Milk Cleanser

A two-pronged approach to fight dullness: White willow bark unclogs pores while cotton extracts hydrate.

\$26; sephora.com.

