

WE TRIED IT!

BODY SCRUB TREATMENTS

MD Skincare

Alpha Beta Daily Body Peel \$78
Sephora

The phrase "body peel" sounded a little scary to me, but as it turns out there's no actual peeling involved. This two-step kit consists of two jars of ready-to-use pads. The pads in the first jar contain exfoliating ingredients, including alpha and beta hydroxy acids, which remove dull skin cells and even out skin tone. The pads in the second jar contain conditioning and skin refining ingredients, such as green tea and antioxidant vitamins, which boost collagen and increase skin's radiance. Swipe the first pad over your skin, wait a few minutes, and then swipe the second. It's that easy. I loved how smooth and vibrant it made my skin appear, and especially liked how it softened up the rougher spots on my elbows and knees. Perfect for keeping a low-maintenance girl's skin looking gorgeous! (Brie)



Biotherm

Celluli-Peel \$48
Macy's

Many products claim to work after just one use, but here's one that truly delivers. This smoothing gel contains a "biopeeling complex" that evens the skin's texture and reduces the appearance of stubborn cellulite. Simply massage into the areas where you'd like firmer skin, and ingredients like silicium, caffeine and ginkgo biloba go to work right away. Within minutes, my skin felt noticeably smoother and a bit tighter. I also like that it is freshly scented and quickly absorbed, so you can dress right away. Over time, Celluli-Peel keeps your skin feeling firm. (Ashley)



DERMAdoctor KP Duty Dermatologist

Body Scrub \$44
Sephora

I was a little skeptical trying a new body scrub. I had yet to find one I really liked. Most body scrubs seemed to dissolve quickly in the shower, or left some slimy residue on my skin. However, this dermatologist-recommended body scrub acts as a chemical peel and microdermabrasion, leaving your skin silky and smooth. The synthetic micro-beads exfoliate your skin, removing dry skin and those irritating bumps. You can feel the scrub actually working, and it doesn't dissolve quickly like most body scrubs! Not only does this product rejuvenate your skin, but you only have to apply it once or twice a week—and it comes in a large jar, lasting you for months. Just be sure that you apply plenty of sunscreen before hitting the beach as the med-exfoliation ingredients make your skin sensitive to the sun! (Katie)



Borba

Fiber-Knit Diamond Body Polish-Firming \$28
Fiber-Knit Diamond Shimmer Body Contour-Firming \$32
Sephora

This body polish scrub from Borba uses spandex fibers (!) to help the skin get firmer, more contoured and more radiant. The scrub also removes debris, refines the surface texture of the skin and revitalizes skin's firming memory. The body polish scrub is super grainy and lathers up nicely. My skin overall felt firmer, and at the same time softer, smoother and brighter, especially when used in conjunction with the body contour cream. The contour cream stimulates the cell metabolism, helping to firm the skin and even out skin texture as well. My feeling is, if you take good care of your skin and pay attention to it, it will be happy. And when my skin is happy, I'm happy. (Sarah)



Bliss

High Thighs Slimmer Scrub \$30
High Thighs Cellulite Fighting Serum \$35
Sephora

The theory behind this Bliss cellulite-fighting set of products is to increase circulation, which is said to break up cellulite bumps. While you can't really get rid of cellulite, you can improve the appearance of it. The Slimmer Scrub is fantastic—it's a thick, charcoal-colored gel-like scrub that helps to reduce the appearance of lumps and create smoother skin. It contains algae extract and lavender and thyme essential oils. The Cellulite Fighting Serum also contains algae and essential oils. It really makes your legs tingle, which creates the feeling that they are tightening up. You need to be diligent about using these products, but they work. And even if they don't actually reduce your cellulite, at least you'll have lovely, smooth, yummy-smelling thighs—always a good thing! (Molly)



Murad

Activating Body Scrub \$47.50
Sephora

A wonderfully smooth sugar scrub, this isn't your typical exfoliant. Murad promises to detoxify skin and stimulate circulation, all with some of Mother Nature's help. Sugar and jojoba beads are used to exfoliate, cayenne pepper and carnitine are used for stimulating circulation and energizing the skin while gotu kola and horse chestnut tree extract help to restore elasticity. It sounds like a mouthful, but believe me, this stuff is good for you. It won't make your thighs any slimmer, but it will improve the texture of your skin. (Amy)

