

HOW TO CURE

the Skin Hangover

with Enrique Ramirez

"For those of you with a penchant for hard-core partying, in the vein of Paris Hilton and Lindsay Lohan, I would generally recommend the "Betty Ford Treatment" at my spa. But, since I happen to be located across the Pacific Ocean, here are some helpful hints on how to cure the dreaded skin hangover!"

After you wake up sometime in the afternoon after a long night out of partying and drinking, and following your first cup of coffee, wash your skin with a milky cleanser (this type of cleanser doesn't strip any moisture from the skin) and warm water.

Immerse your body in a warm bath mixed with essential oils, preferably Eucalyptus or Rosemary, which are excellent to stimulate your sinuses and your senses. The oils in the warm water restore the moisture level of your skin and also address achy muscles from dancing in your cute, but tight, Prada loafers.

Use the oldest trick in the book! Mix cold water with a cold cucumber in the blender to create a cucumber eye mask. On a paper towel, apply a spoonful of the mixed cucumber and fold the paper towel to create an eye mask. Excellent way to target puffiness and dark circles!

During the warm bath, apply a hydrating mask—the Hydra Floral by Decleor Paris works wonders!! If you don't have this in your beauty cabinet, mix honey and sour cream, and slather onto your parched visage and leave on for about 15 minutes.

When you get out of the tub, pat dry your body and face. Massage onto your body an oil-based lotion such as Neutrogena Body Oil, which seals moisture, and the massage motion stimulates circulation to deliver fresh blood to your skin.

Spritz a hydrating toner on your face, followed by a heavy-weight moisturizer.

Let's not leave behind the electrolytes to balance your inner levels of moisture. Drink a few bottles of Gatorade or Vitamin Water, which both offer a good source of magnesium, potassium and sodium to put you back on track!

Your body will feel dewy after these steps leaving you ready for the next round of hitting the club scene!



Enrique Ramirez

Enrique is one of the world's foremost skincare experts, and founder of New York's prestigious celebrity hotspot, face to face nyc day spa. Enrique's spa is one of only a handful of spas internationally that specializes in the skin of a man.

face to face nyc
20 W 20th St, New York
(212) 633-0404
facetofacenyc.com

