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Honey, trust me on this!

QUESTION: I just hate my skin winter months; its so dull and pasty. When I try to liven it up with make-up I end up looking like a drag queen, so whats the solution?

ANSWER: Honestly, the solution is NOT what you do to the top level of your skin which is all we can see. That dull, pasty surface tells the sad story with the holiday fun, food, and fat we indulged in. Also, January is get back to work time with short, dark days creating a shut-in environment for us. If your skin is looking sluggish its because your circulation and organs are sluggish. Bottom line reality: Rev everything up inside with aerobic exercise regardless of the sort, and will also jettison rich blood and oxygen to your muscles, through your skin, and out your pores. I dont need to tell you kinds of aerobics to do because you know what they are: Just move your body and move it fast! What you wish is that pink, moist glow!right? Trust me, working up a good, honest sweat like a horse is the only path to a peaches and cream complexion. While youre at it, here are the token side effects: You will #1: detoxify the sins of December (well, dietary ones anyway); #2: energize your brain cells and elevate your mood with happy endorphins allowing you to actually KEEP a FEW New Years resolutions; #3: get a light years head start on (ugh!) swimsuit season by throwing in squats and lunges; a few dozen will, literally, kick your butt consequently pant until she orgasms. If your lower body doesnt need any fine tuning (you bitch), just sit in a sauna or steam and let the sweat flow!same result. One caveat to skin purging, though, is: If you dont exfoliate diligently (especially your face), youre begging for clogged pores and blemishes. Dont expect luminous skin if you dont sweep away the dead skin cells so the poison can escape. But you should already know, from this girl, that exfoliation is a year-round requirement anyway. Be prepared: if you work up a heart-pumping, red-face sweat every day and wear an endorphin smile, your friends might start begging to know whats going on in the bedroom. Time spent TO tell them you got your afterglow at Sportsclub L.A.!

QUESTION: May be facial moisturizers and anti-aging products for sale makes my head spin, and they all make the same outrageous claims. Hows a girl supposed to choose one?

ANSWER: Youre so right about all the products and claims. Theres, literally, a new product introduced every day with every new products ingredient list more exotic and outlandish than the one before. (I remember when placenta cream was considered really out there.) Then along comes caviar cream and even copper cream. You might, scientists are toiling away right now in their labs trying to reproduce vernix (the white, waxy coating on a baby while its in the womb) which will, allegedly, be the next miracle moisturizer! Anyway, please trust me on this: Feed your skin cells like your body cells. What i mean is anti-oxidants (vitamins C, E, A), proteins from milk, and superfoods like spirulina and royal jelly. Look for them all in a base emollient of evening primrose oil or shea butter, and youve got the true formula for a peachy, perfect complexion! Whatever you do, though, avoid anything with perfume or colorings. Come on, pink may be prettier, and we all like a good fragrance, but would you aim an atomizer of Chanel No. 5 at your face? You know they dont, and massaging it in is even worse. Why you think women suffer so many mysterious irritations and breakouts after spending \$150 for a small jar of pastel perfumed 24 hour, Turn Back the Clock Treatment? Just read those labels and shop for purity; but, whatever you do moisturize with, dont forget Sandys #1 rule: exfoliate every day, or leave the glow down below!

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