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beauty HEAD-TO-TOE PRODUCTS AND TRENDS

<future perfect>

five resolutions for a beautiful new year

BY HENLEY VAZQUEZ

YOU'VE STUFFED your face with holiday treats, downed copious amounts of eggnog, refereed countless family feuds — and it shows. From a few unwelcome pounds to zittastic break-outs, the abuse heaped on your body from the past month of partying has taken its toll. The new year is around the corner, so why not pledge to work on a new you? Here are five beauty resolutions to get you going.

Get a facial. Sure, it feels nice, but treating yourself to a facial isn't a luxury; it's an absolute necessity. "A facial re-establishes balance in the skin," says Sarah Paradis, an esthetician at **Bella Santé** (38 Newbury Street, Boston, 617.424.9930). "Due to the harsh climate we face during winter, it's important to reinforce support to the skin's barrier to provide protection against moisture loss." Avoid a scaly, flaky face with regular treatments. Not only will they keep skin healthy, but you'll also maintain that fresh look common in more temperate seasons. And it won't be overlooked. Even my husband, a typically oblivious male, has been known to compliment my skin after a facial.

< the year-end issue >

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