

5 MINUTES TO...

# A Clean, Smooth Complexion

This pre-slumber plan will let you hit the sheets with the skin of your dreams.



the products

b



Cetaphil  
Every Age, Every Skin



**step 1** Split a pea-size amount of **a** Vaseline (\$1.79, drugstores) between the pads of your index fingers. Close your eyes, then gently smooth the petroleum jelly onto your eyelids and through lashes to liquefy mascara, liner and shadow, says Judith Hellman, M.D., a dermatologist in New York City.

**step 2** Wipe a damp cotton pad across your eyes from the inner to the outer corners until makeup disappears. "You want some of the petroleum jelly to linger around your eyes," Dr. Hellman says. "It leaves behind a hydrating, protective layer that takes the place of eye cream."



↑ **step 3** ↓

**FOR OILY SKIN**  
Use a glycolic acid-salicylic acid pad to wipe your entire face. Our pick: **b** Peter Thomas Roth Max Complexion Correction Pads (\$36, peterthomasroth.com). The salicylic acid deep-cleans pores and removes makeup, and the glycolic acid treats blackheads, Dr. Hellman says.

**FOR NORMAL-TO-DRY SKIN**  
Use a creamy, soap-free wash, such as **c** Cetaphil Gentle Skin Cleanser (\$10.50, drugstores), to clean and moisturize at the same time. Apply a thin layer all over your face, then tissue or rinse off. Have flake-prone skin? Tissueing off without rinsing will give you extra moisture.

