

BEAUTY REFRESH

IT'S THE BALM!

Created in 1930 (not a typo!), this balm has earned cult status for a reason – it goes from makeup, to skincare, to healing salve. There are 88 ways to use it, including on lips, nails and small cuts. Backstage, makeup artists use it to highlight cheeks and manage unruly brows. And here's why *BH* editors always pop it into their gym bag.



ELIZABETH ARDEN
LIMITED-EDITION
EIGHT HOUR X OLIMPIA
ZAGNOLI, \$30

AT THE GYM



Rub on your hands to soften blisters and calluses from weightlifting.

BEFORE SWIMMING



Dab onto any dry parts of your body to protect skin from chlorine.

ON THE SKI HILL



Apply to exposed skin like ears, lips and under your goggles to prevent chapping.

Fun Fact

The balm got its name after a client reported using the cream on her child's grazed knee, and noticed "eight hours later" that it was magically better.

GEOFFREY ROSS; ICONS, ISTOCK

POLISH perfection

Bonus
They're all
paraben- and
sulphate-free.

Battling winter's dry flaky skin requires some tough love – or should we say buff love. Here are our editors' go-to products for top to toe smoothness.



FOR SCALP
Trust us when we say you are gonna fall hard for this exfoliant. It detoxifies, purifies, and moisturizes to rebalance your scalp, leading to healthier hair. Plus, you can use it in place of shampoo, too.
NEXXUS CLEAN & PURE INVIGORATING DETOX SCALP SCRUB, \$20



FOR LIPS
Rescue chapped lips with this yummy lip scrub containing brown sugar crystals, shea butter and jojoba oil. Our best tip? Use it right before bed and wake up with soft, supple lips.
FRESH SUGAR LIP POLISH EXFOLIATOR, \$32



FOR BODY
Caffeine targets scarring and stretch marks by stimulating microcirculation, while sea salt and coconut exfoliate, and almond oil moisturizes. Plus, the freshly-brewed-coffee scent will make your morning shower a real treat.
BASD INDULGENT CRÈME BRÛLÉE COFFEE SCRUB, \$20

PRO TIP

"Line the bottom lid with dark brown eyeliner, **between the lashes.** It defines the eye and looks less harsh than black liner."
- Sabrina Rinaldi, makeup artist

REVLON COLORSTAY MICRO HYPER PRECISION GEL EYELINER, \$12



NAILED IT!

Finally, a green solution to chemical-laden nail polish removers. Made from corn stock fermentation and enriched with vitamin E, this Canadian creation is also biodegradable and vegan. Best of all, it performs without compromise.
SUNCOAT PLANT-BASED NAIL POLISH REMOVER, \$15