

COSMOPOLITAN

"CONSIDER THIS BODY BALM YOUR WINTER SAVIOR. IT WARMS UP AND SOOTHES MUSCLES (PLUS, THAT LAVENDER SCENT!)."

- COSMOPOLITAN



Playing with hot and cold temps has a prettifying effect.

By Kate Foster

When to Heat Up

The warming sensation these buys provide doesn't just feel amazing. "By raising your skin's temperature, you increase circulation and skin absorbency," says Dr. Idriss. This helps ingredients work better, whether you're fighting lines, dryness, or dullness.

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TAME TENSION

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Farmaesthetics Deep Lavender Rub, \$27, nordstrom.com

