

# Time Out

## Chicago

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(AND GET LUCKY!)  
BY PITCHING IN



# Mind & body

## Your daily dose

Streamline your skin-care routine with these expert tips. By **Jessica Herman**

Not sure in what order to apply your skin-care products? Neither were we. So we turned to two expert aestheticians, Kelly Mack of Absolute Precision Skin Care (1471 W Irving Park Rd, 773-320-1376, [absoluteprecisionskincare.com](http://absoluteprecisionskincare.com)) and Kylie Kennan of Bliss Spa (644 N Lake Shore Dr, 877-862-5477, [blissworld.com](http://blissworld.com)) for tips as well as what to look for when it comes to your cleaning routine.

### Mack's key to ingredients

"When people say 'Is Cleanser A better than Cleanser B?', I say, Show me the ingredients," says Mack. "I compare it to bread. What makes one type of bread different from another? The ingredients."

**For sensitive skin:** lavender, echinacea and raspberry to calm

**For dry skin:** Vitamins E or C to smooth and condition; rosemary and lemon to refresh; safflower oil to soften

**For oily skin:** clay (either bentonite or kaolin) and astringent such as ivy or lemon to strip away oil

**For acne:** salicylic acid to kill bacteria  
For anti-aging: peptides to help the skin produce collagen

Morning

All day

Night

1

### Cleanser

Just because you washed your face last night doesn't mean you shouldn't wash it the next morning, too, Kennan says. Oil from your hair that rubs off on your pillow will make its way back to your face. Look for products with moisturizing ingredients including jojoba oil, vitamin E and olive oil (don't worry, it doesn't cause breakouts) such as Burt's Bees Radiance Facial Cleanser (\$10 at [burtsbees.com](http://burtsbees.com)).



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### Toner

Avoid toners with alcohol listed as an ingredient, because it strips the skin when the point is to rebalance its hydration, says Kennan. If you have acne, use a toner with salicylic acid. For sensitive skin, look for calming ingredients like vitamins A, E and C or rosewater such as Jurlique's Rosewater Balancing Mist (\$21-\$31 at [jurlique.com](http://jurlique.com)). For normal skin, hydrate with toner that contains aloe vera or cucumber.



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### Serum

Kennan suggests protecting your skin from the elements (wind, sunshine, etc.) by applying SkinCeuticals' CE Ferulic serum (\$138 at [skinceuticals.com](http://skinceuticals.com)), packed with hydrating vitamin E and antioxidantizing vitamin C.



### Exfoliant

Acne feeds off dead skin, so slough off the stuff nightly with chemical exfoliants packed with salicylic, glycolic or enzymatic acids, says Kennan, such as Bliss's Peeling Groovy Facial Serum (\$65 at [sephora.com](http://sephora.com)).



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### Moisturizer-daytime

For the daytime, Mack suggests using a lotion with SPF 30 such as Bioré's Dual Fusion Moisturizer + SPF 30 (\$15 at [ulta.com](http://ulta.com)).



### Moisturizer-nighttime

Ditch the SPF and concentrate on rejuvenating ingredients, which you'll find in Kiehl's Ultra Facial Moisturizer (\$16-\$35 at [kiehls.com](http://kiehls.com)). If you're acne-prone, Mack says to look for the ingredients camphor or salicylic acid, which kill zit-causing bacteria. Moisturize dry skin with grape-seed extract or cucumber to hydrate and plump fine lines.



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### Eye cream

Save cash and counter space by investing in one eye cream to use twice a day. Kennan opts for Remede's Hydra Therapy Eye Cream (\$110 at [remede.com](http://remede.com)) to tighten the area around the eyes and eliminate those tired, dark circles.



## The treatment

**WHITE OUT** Whenever I think of teeth-whitening services, my mind immediately jumps to that episode of *Friends* where Ross gets his teeth bleached before a date (they end up glowing under her black light). I don't really want those blindingly pearly whites, so I've stuck with whitening toothpaste. But when I heard about the **WhiteScience treatment** at Ulta on State Street, I was intrigued. The service lasts just 20 minutes, guarantees at least a two-shade improvement (that can last for up to a year) and is pain-free. In fact, the only "pain" I felt during the quickie treatment was the slight discomfort of initially fitting the mouth tray under my lips. That feeling disappeared as soon as the attendant turned on the "cool blue" light (which accelerates the conversion of the hydrogen peroxide in the tray into whitening hydroxyl radicals) and massaged my hands and temples. Before I knew it, the light was off and after a quick fluoride rinse, my teeth were a subtly brighter hue. And unlike Ross, my smile shouldn't scare any dates away. \$199 (the store currently has a "two for the price of one" deal on Tuesdays) at 114 S State St (312-279-5081, [ulta.com](http://ulta.com)).—KA

