

Hottest
Clothes
for

BEAUTY BOOK

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Spas paint on creams with a regular brush like this one!

Spa Secret

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Skip the high-tech supplies.

Obviously, spa aestheticians don't whip out a Brillo pad and go to town on your butt, but they do rely on basic tools during luxe treatments. For example, **Michelle Irizarry, a massage therapist at Rescue Rittenhouse Spa Lounge in Philadelphia**, applies body creams and masks with a regular ol' paintbrush to ensure an even coating all over, and their bath poufs and cotton pads are the same kind you find in the drugstore. One thing you don't see: loofahs and sponges that have been sitting around for weeks. On average, you should toss your skin supplies (especially those mesh bath poufs) once a month, says Elizabeth Tanzi, MD, codirector of laser surgery at the Washington Institute of Dermatologic Laser Surgery. "They harbor bacteria, plus newer ones feel better on your skin."