

YOUR SPECIAL GET-BACK-IN-SHAPE ISSUE

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GET GORGEOUS *IN* THE SHOWER

WHO KNEW YOUR MORNING RITUAL
COULD GIVE YOU *AMAZING* SKIN,
HAIR, CALM—*EVERYTHING*?

By JENNIFER GOLDSTEIN
Photography by LYNDA CHURILLA



You probably think of your shower as nothing more than a series of items to check off your to-do list. Clean body? Check. Wash hair? Check. Shave legs? Uh, maybe next time. Perhaps you should reconsider how you spend those 10 minutes under the spray each morning. “Your shower is the perfect place to do the little extras that make your hair and skin look better, because the steam helps products penetrate so they’re more effective,” says Ranella Hirsch, MD, a dermatologist in Cambridge, Massachusetts. Whether you want to detox your skin and hair, hydrate from head to toe, look younger, or simply relax a bit, we have a step-by-step shower plan for you.



The Calming Shower

A shower can be way more relaxing than a bath: you don't have to wait 10 minutes to fill a tub, the water stays warm the whole time, and, best of all, “it feels like a light rain massage—so relaxing,” says Stefanie Wilson, spa director at The Seagate Spa & Hotel in Delray Beach, Florida. Serenity is only a few steps away.

> Before you shower, relieve tension—and moisturize your hair—by using the pads of your fingers to massage a hair-treatment oil with soothing chamomile into your scalp and strands. Try [Carol's Daughter Tui Hair Oil](#) (at left, \$8.50; CarolsDaughter.com).
 > Turn on the water and place an [Aura Cacia Aromatherapy Relaxing Lavender Shower Tablet](#) (at left, \$6.99 for three; [AuraCacia.com](#)) at the bottom of the tub, then step in. As it dissolves and fills your shower with its soothing scent, quiet your mind with some deep breathing, suggests Veronique Paquet, spa director at Springs Eternal Spa

at Omni Bedford Springs Resort & Spa in Bedford, Pennsylvania. “Breathe in through your nose for a count of four, hold for two, then breathe out through your mouth for four,” she says.
 > Rinse out the hair oil, then shampoo and condition as you normally would.
 > Cleanse with a body wash with cocoa butter, a natural hydrator that allows you to skip your body lotion. (Fewer steps equals less stress!) Plus, the scent brings to mind your last beach vacation. Try [Crabtree & Evelyn Naturals Nourishing Cocoa Butter, Nutmeg & Cardamom Body Wash](#) (at left, \$16; [Crabtree-Evelyn.com](#)).