

beauty



Temperature Control

A friend who runs hot and cold? No, thanks.
A skin-care routine that does? Yes,
please! Here's how to use heat and iciness
for ultimate glow benefits.

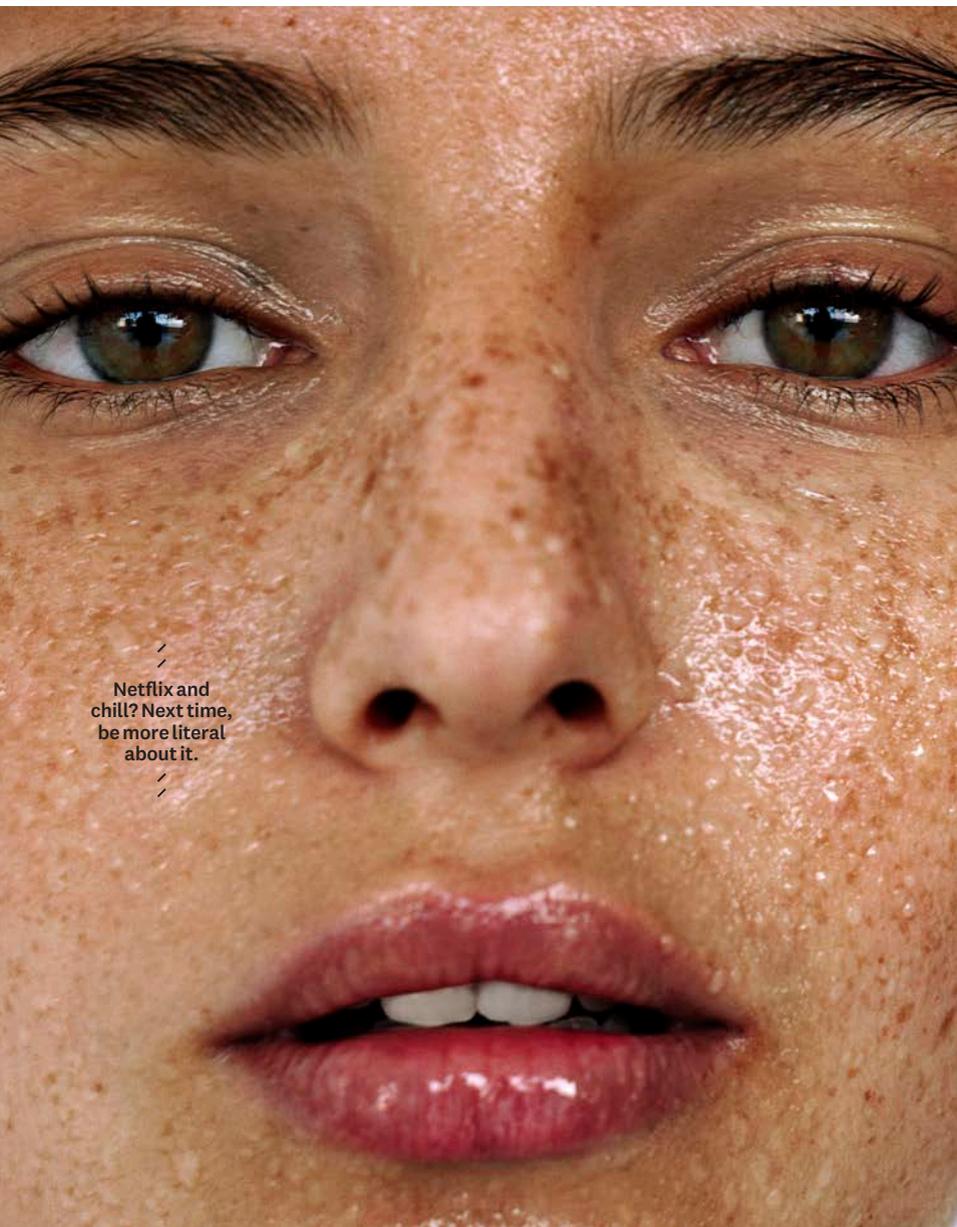
By Krista Bennett DeMaio





Ice facials, warming masks, cryotherapy—a growing number of influencers, TikTokers, and celebrities are experimenting with heat, cold, or both to enhance their skin's radiance and firmness. The combo is said to resurface the skin, promote cell renewal, reduce fine lines and pigmentation, and give you a glow boost.

A cool new trend, for sure, but is it rooted in science? Yes, actually, this one is, say experts. "There are many in-office procedures that use hot and cold and have decades of research behind their effectiveness," says Marie Jhin, MD, a dermatologist in San Carlos, California, and author of *K-Beauty Secrets*. And now, in addition to profesh treatments like collagen-stimulating lasers and cryotherapy facials, temperature extremes are making their way into at-home skin-care regimens (think: ice rollers and skin-care fridges). Here's how to turn up the dial on your own routine to score some face-changing benefits.



Netflix and chill? Next time, be more literal about it.



Cold Front

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THE USE OF COOLNESS to boost the health of your skin started in professional settings, where extremely frigid temps are used to destroy a lesion or soothe irritation. "Cold temperatures cause the constriction of blood vessels, which leads to a reduction of inflammation and swelling," says Naana Boakye, MD, founder of Bergen Dermatology in Englewood Cliffs, New Jersey. There's the CO₂ Slush Facial, which has been treating acne, acne scars, and redness for more than two decades with a combo of dry ice and acetone in a slush-like mixture. And the new in-office treatment called Glacial Rx promises to shrink pores, reduce redness, and make skin glow using precision cooling technology.

Some popular spa brands such as Biologique Recherche take the *brrrr* approach to skin care. The ingredients in their products go through a cold-press process to ensure maximum potency, and during the brand's facial, cleansing is done with cool water and skin is massaged with cold cryo sticks after a mask is applied. "This process tones, lifts, and calms," says Haley Pavlinac, a Biologique Recherche aesthetician. Can't make it to a spa? Cool down at home:

► STASH PRODUCTS IN THE FRIDGE

You've seen those cute, mini skin-care refrigerators all over social media, but experts say a regular fridge will suffice. Sheet masks work especially well when cold. "Use them in the morning to depuff or before an event to tighten pores," says Dr. Jhin.

► TRY AN ICE ROLLER

Jade, quartz, and metal rollers already feel refreshing against the skin (these materials naturally conduct heat energy away from you, says Dr. Jhin). For extra chill, store them in the fridge—don't freeze them, or you risk skin freezer burn—then roll in the morning to take down any inflammation. "Roll in an upward and outward motion, following the path of lymphatic drainage," says Pavlinac.

► ADD A SPLASH OF COLD WATER

Like rinsing hair with cold water at the end of a shower to elevate shine, splashing skin with it can enhance your glow, says Cynthia Rivas, an aesthetician in New York City. Easy peasy!



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TIP Enjoy the face-boosting benefits of steam using your shower spray, or pick up a portable skin steamer, like the Dennis Gross Skincare Pro Facial Steamer (\$149, drdennis.com)

own, but you can use warmth and steam to soften lodged impurities, increase circulation, and amp blood flow for a rosy vibe. (Just skip it if you're prone to hyperpigmentation; direct heat can trigger melanin production.) Here's how to rev it up:

> MASK IT Those high-tech red light LED masks don't just make for good selfies. Their infrared light is converted to heat in the skin, which boosts circulation, and preliminary studies show it may stimulate fibroblasts, which are cells that produce collagen. Another option: Self-heating masks that warm on contact to help ingredients penetrate deeper into the skin.

> GRAB A PRE-CLEANSE COMPRESS Use a towel soaked in warm water and press it against your skin, says Nazanin Saedi, MD, a dermatologist in Philadelphia. "It'll help loosen the top layer, making it easier to wash away dirt and impurities," she says.

> JUST ADD HOT H₂O Mimic the steaming step of a professional spa facial in your own bathroom. Before you apply any at-home treatments, stand in front of the shower spray or faucet and allow the warm vapors to caress your face. "This can help your skin-care products absorb better," says Dr. Jhin.



Warming Trend

THE SKIN-LOVING POWER OF HEAT has long been harnessed by aestheticians—think about how steam is used during a facial to soften pores before extractions. But thanks to newer technology, skin experts now have even more powerful heat-based solutions at their disposal, like lasers and radiofrequency and ultrasound devices, which target the deeper layers of skin for dramatic smoothing and firming benefits. "The heat penetrates to the dermis level, creating a wound-like effect that triggers collagen production," says Dr. Boakye.

One of the latest examples is the Sofwave treatment, which is FDA-approved to improve facial lines and tighten skin laxity with ultrasound technology. You may feel a burst of warmth as the wand delivers the ultrasound waves, but skin is numbed with topical anesthetic so it's ultimately painless. Thermage, which uses ultrasound, and Ultherapy and Morpheus8, both of which work via radiofrequency, are also options.

Professional facials such as the carbon laser facial also bring the heat. In this case, a laser targets carbon particles in a mask applied to the skin beforehand, exfoliating and deep-cleaning pores in the process. And aestheticians often create warmth in the skin by applying exfoliating acids. "I like to say that acids are spicy," says Rivas. Glycolic, lactic, and salicylic acids are commonly used in resurfacing treatments. Of course, you can't safely heat your skin to the point of collagen growth on your



Some Like It Hot (or Cold)

Sure, these products do wonderful things for your skin. They also just plain feel great.

1 Transformative Experience This mask morphs from a gel-like consistency to a warming cream when massaged in. Antioxidant-rich honey and ceramides protect skin's barrier. **Farmacy Beauty Honey Potion Plus** (\$41, farmacybeauty.com)

2 Wash It Glow Packed with active naturals like papaya enzymes (to exfoliate), honey (to fight blemish-causing bacteria), and glycerin (to moisturize), this cleanser gets the job done. **iS Clinical Warming Honey Cleanser** (\$48, isclinical.com)

3 Down to Earth The volcanic clay in this sensorial mask warms up on contact with skin, helping to loosen pore-clogging debris and gently whisk it away. Buh-bye! **Beekman 1802 Milk Mud Warming Clay Mask** (\$50, beekman1802.com)

6 Ice, Ice Baby After freezing these overnight, massage the nutrient-rich serum (infused with exfoliating fruit acids, energizing tourmaline, and soothing rosewater) into your skin. **Aemon Glow Manifesto Ice Cubes** (\$55, aemonskin.com)

4 Stick Shift Rub this calming caffeine-infused wonder under your eyes and watch as puffiness disappears. There's hydrating seawater in there too. **Milk Makeup Cooling Water Undereye Gel Stick** (\$18, milkmakeup.com)

5 Say Spahhh Pop this puppy into the fridge and massage it over your face for a circulation-boosting, inflammation-busting at-home facial. **Joah Beauty Cooling Facial Globe** (\$18, joahbeauty.com)

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