



Fresh-Faced

To exfoliate or not to exfoliate: That is the question.

If you're in search of the fountain of youth, keeping up with the latest skincare breakthroughs can be a full-time job. With a growing number of experts questioning conventional beauty wisdom, many consumers are bewildered by even the most basic of skincare regimens—like exfoliation. While most believe it's the key to a fresh, youthful complexion, some skincare professionals say it does more harm than good. Evergreen's Dr. Ben Johnson, founder of the all-natural, paraben-free Osmosis skin care line, designs his products around the belief that skin is a *naturally* renewing protective barrier that shouldn't be sloughed off. But ask the experts at Denver-based Glo Skincare about exfoliation, and they'll likely hand you the GloPumpkin Enzyme Scrub to encourage a gentle out-with-the-old, in-with-the-new facial care regimen. What's a girl—or a guy—to think? Below, the face-care face-off. —GEORGIA ALEXIA BENJOU

GLO Exfoliation renews skin tone and clarity by removing dead skin-cell buildup to allow for skin regeneration.

OSMOSIS Although exfoliation does speed cell turnover, it's because the skin is trying to repair damage to its outermost layer caused by exfoliating ingredients.

GLO While over-exfoliating won't benefit the skin, scientific studies have proven that rejuvenating ingredients such as glycolic and salicylic

acids and retinols are safe and effective.

OSMOSIS These ingredients do provide plumping benefits—largely because they actually inflame the skin.

GLO Some rough-edged granules in skin scrubs can cause tears, so beads should be perfect spheres that can glide over the skin's surface, gently exfoliating without stress or irritation.

OSMOSIS With any exfoliation comes inflammation,

which starves the skin of nutrients and causes dehydration, ultimately accelerating the aging process and increasing the likelihood of skin cancer.

VERDICT "The truth lies somewhere in between," says Dr. Theresa Pacheco, medical director for cosmetic dermatology at the University of Colorado Cosmetic Specialists Clinic. "It really depends on the method. Manual exfoliation—if you were to use a loofah for two minutes—

probably doesn't inflame the skin. But there's a point that's too much, and inflammation would occur to repair that skin. Some methods can be pretty aggressive; remember, young skin turns over on its own every few days."

CHOOSE YOUR WEAPON

Glo Skincare, 180 Steele St., 303-322-1090, www.glo skincare.com; Osmosis is sold through physicians and estheticians, 303-674-7660, www.osmosis-skincare.com.

TREND

Laugh Your Way to Better Health?

Sunlight streams between the pillars of Denver's Cheesman Park pavilion onto a dozen comfortably attired people of all ages. They're breathing slowly and deeply, contorting themselves in full-body stretches. Passersby might assume the serene scene is a yoga class. Until the class leader starts clapping. Then giggling. The sound ripples through the group until all are chortling with abandon. The class is "laughter yoga"—and it's no joke.

—MARYJO MORGAN



ORIGINS

Laughter yoga emerged in 1995 in Mumbai, India, when Dr. Madan Kataria merged yogic breathing and the act of laughing to create a legitimate form of exercise. According to several university and medical studies, 20 minutes of daily laughter relieves stress and boosts health by oxygenating the blood, expanding the inner lining of your arteries, and improving the heart's overall muscle function.

TECHNIQUE

Start with yogic breathing and deep stretching...and then begin to laugh. No jokes or comedians necessary—just a playful attitude to "fake it till you make it." Since the body doesn't differentiate between pretend and actual laughter, it releases endorphins just the same.

TRY IT

Currently, more than 6,000 laughter clubs span 60 nations, with more than a dozen in the Denver area alone. Visit DenverLaughs.com for times and locations. No worries if you're not feeling overly jolly; laughter is innately infectious, so when one person starts chuckling, soon everyone is laughing—for real.

RETAIL NEWS



Fitness Find

If you're the kind of athlete who's always on the hunt for the latest and greatest gear (you know who you are—you're probably swinging the new Roger Federer racket before *he's* even seen it), get over to Cherry Creek and check out the newly opened **S.A. Elite**, a boutique spin-off of nationwide gear-behemoth **Sports Authority**, which is based in Englewood. The exclusive small-store concept, which offers more selective styles in staples like Spyder and Under Armour, plus lines such as Eider (a high-end French mountain sport apparel company) that you can't find in a regular Sports Authority, is the first of its kind—a trial run for future stores. Head on over before those limited-edition Nike trainers are sold out. **Cherry Creek Shopping Center, 303-355-2251.** —JD