

GIRLFRIENDS HOLLYWOOD'S

BEST GAL PAL

InStyle

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**Julianne
Moore**

*"You have to fight
for relationships.
You don't just give up"*

BODY whiteners, moisturizers, cleansers

136 AT-HOME DENTAL WHITENING KIT

Crest Whitestrips

Nothing can beat a professional lightening session, but for a less expensive alternative, dentists like Crest Whitestrips. The product contains a lower concentration of the whitening agent used by pros. You'll see results after two weeks. **\$30/14-day supply; at drugstores**



137 WHITENING TOOTH PASTE

Rembrandt 3-in-1

This toothpaste whitens with carbamide, a powerful peroxide compound. And it does do the job. "I haven't seen anything better for maintaining a dentist's treatment," says New York City cosmetic dentist Pia Lieb. **\$5/4.2 oz.; at drugstores**



138 BODY LOTION

Eucerin Original

Mineral oil and glyceryl lanolate create an occlusive barrier that helps prevent moisture from escaping skin. This fragrance-free, hypoallergenic formula won't clog pores and is safe for even the most sensitive skin. **\$8/8 oz.; at drugstores**



139 BODY WASH

Dove All Day Moisturizing

"This cleanser lathers up nicely but leaves no residue," says New York City dermatologist Amy B. Lewis. Even better are its leave-behind benefits: emollients like sunflower oil, lanolin and glycerin that hydrate skin. **\$4/12 oz.; at drugstores**

BEST NEW PRODUCT

140 PRODUCT FOR BODY

Sweet Spot

These feminine wipes allow you to freshen up quickly—and safely. "Unlike soap, they are pH-balanced for this sensitive area, so they won't be irritating," says New York City gynecologist Isabel Blumberg. **\$16/24 wipes; 877-793-3877 or sweetspotlabs.com**



141 SHAVING GEL/CREAM

Aveeno Positively Smooth

This gentle, low-lathering formula contains soy, which studies show may inhibit hair growth, says Stanford University assistant professor of dermatology Alexa Kimball. Bottom line: It helps buy time between shaves. **\$4/7 oz.; at drugstores**

142 HAND CREAM

L'Occitane shea butter

This rich cream contains moisturizing extracts such as almond and linseed oils. But the real muscle (20 percent of the formula) comes from shea butter, which softens skin and creates a barrier so water can't escape. Our experts were surprised and pleased by how quickly skin absorbed it. **\$21/5.2 oz.; www.loccitane.com**



143 FOOT CREAM

Barielle Therapy Rejuvenating Foot Treatment

The time-release AHAs in this cream work continuously to exfoliate. "It's soothing and hydrating but not greasy," says dermatologist. **\$20/4 oz.; at Lord & Taylor or call 800-790-8884 for stores**

