

The Best Toners for Abs, Butt and Thighs p. 61

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# SELF

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## beautyBESTS

### Smooth as silk

No longer for just sheets and shirts, the fancy fiber is using its velvety softness to put a positive spin on skin and hair. By Alex Samuel



Got frizz? Charles Worthington London Dream Hair Flawless Finish Straightening Balm, \$9, tames flyaways with silk.

Soften in the shower: Silk protein hydrates skin when you lather with petal-scented St. Ives Whipped Silk Body Wash, \$3.

Silk is threaded through Clé de Peau Beauté Le Cotton, \$16 for 120 sheets, so makeup removal feels sew soft.

Real pearls pair with silk in Stila Silk Shimmer Gloss in Kitten, \$22, to add moisture and shine to lips.

Light-reflecting silk in Yria Sublime Illumination Brightening Makeup Smoothing Effect in Beige Naturel, \$25, enlivens dull skin.

Farewell, fragile nails! Sally Hansen Lacquer Shine Nail Color in Flair, \$6, contains silk fibers to prevent peeling.

Therapy Systems Eyeshadow in Last Call, \$19, has silk to help it glide smoothly over lids.

Master sleek styles by spritzing on KMS California Silksheen Gloss Spray, \$17, which uses silicone and silk protein to add shine to your 'do.

Net wt. 4.1 oz/117g