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this week's feature

Berry Fresh

(Cranberry) Peel Away Your Holiday Sins

www.skinwellnesscenter.org

by molly each



The holidays are officially over, but we're still feeling the effects of Cheeky late night soirees, an abundance of Champagne, and a few extra cookies. (Okay, okay, *several* extra cookies.) And while we've got a new workout regimen to combat those extra holiday pounds, and though we're finally getting enough sleep, our skin still hasn't regained its pre-holiday glow.

Enter the cranberry peel. The creation of skin guru Dr. Brooke Jackson, the facial is an all-natural antidote to December's holiday skin neglect. (And we're not joking about the all-natural-ness. According to our aesthetician, "you could eat it. But you wouldn't want to.") See, it turns out that cranberries are loaded with antioxidants, as well as vitamins A and C. Plus, cranberries hold in moisture, which our skin is screaming for this time of year. The peel process first cleanses and exfoliates (with one of those

awesome face massages to boot), then applies a cool, cranberry concoction to your face. And here's the awesome thing – you can actually *feel* the cranberry concoction revitalizing your skin with a subtle tingle. At the end of the facial, after your skin has been moisturized and prepped for the brutal winter weather, you'll emerge with a fresh glow, leaving behind the remnants of epidermal abuse and ready to face the new year with your best face forward.

At 25 minutes, it can easily be squeezed in during your lunch hour or right before your trip to the gym, and at \$60 per treatment (or \$150 for three) it can easily be balanced into your Get Cheeky budget. But book quickly – the cranberry facial is only available through January 15.

Skin Wellness Center, 111 N. Wabash, 11th Floor, 312.236.9950.