

BEAUTY PRODUCTS

Cool Down With Frozen Skin-Care Pops

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The song of the ice cream truck is still as potent as it once was, but I've recently discovered another type of frozen treat that I'm equally obsessed with: chilled skin care reminiscent of push-up popsicles. You store them in the freezer as you would a real pop, prod the frozen solid upwards, and run it over your face and under eyes to eliminate puffiness and redness. [Votre Vu Les Sorbet Advanced Ice Care](#) hydrates skin with marine extracts, while [Feed My Skin Aloe Pushup](#) soothes sunburns with aloe.

The cooling touch is a welcome relief on hot days (or hungover mornings). And it's not just a placebo effect: "Cold causes blood vessels to constrict," says [Joshua Zeichner](#), director of cosmetic and clinical research in the dermatology department at Mount Sinai Hospital in New York City. Using chilled skin care can bring down heat-induced redness and under-eye bags, "just like an ice pack or a bag of frozen peas would," he says. "It will work for as long as the product keeps skin cool, and most likely for a little while afterward."

<http://www.allure.com/story/cool-down-with-frozen-skin-care-pops>

COURTESY OF VOTRE VU AND FEED MY SKIN