



Burning Question

Ever wonder just how self-heating beauty products work? We asked cosmeceutical chemist Sam Dhatt of Dermaquest Skin Therapy to explain the science behind thermal skin care. "Adding heat causes blood vessels to dilate, which in turn increases circulation, providing the skin with nourishment and encouraging a healthy glow," he explains. And why aren't these products searing your countertop? They generally contain a self-heating ingredient—often in powder form—that gives off an exothermic chemical reaction only when exposed to water. (Translation for the chemistry-challenged: no water, no heat.) Thermal potions are perfectly safe and scald-free, Dhatt says, though those with sensitive skin should do a patch test first.