

# KMMR COMMUNICATIONS

[kmrpr.com](http://kmrpr.com)

Examples of Dermatology Media Coverage

**BOLDFACE NAMES**/Campbell Robertson

## An Exciting Tale While You Are Racking Your Brain

It is spring, and what better place to celebrate life's cycle of renewal and rebirth than at the book party for "Light Years Younger: The Definitive Guide to Anti-Aging Skin Care" by **Dr. DAVID J. GOLDBERG**. The party was at Restaurant 212 on Monday evening, and **JAID BARRYMORE, SYDNEY BIDDLE BARROWS, EVA DILLON** and others turned out to lift, er, raise a glass to the good doctor's work.

But what would a tableau of springtime be without an appearance by **CUPID** in one of his many guises? Away from the party, at the back of the bar, near the potted palms, under the gray skylight, there sat **SHAGGY**, inveterate party crasher, drinking beers with a friend.

Fancy that, we thought. What is Shaggy doing here?

"Meeting girls," he said

### *Sightings & more sightings*

**DIANA Taylor**, the state banking superintendent and girlfriend of **Mayor Bloomberg**, emerging from a new downtown spa — Simplyspa on 14th Street ... **BROOKE Shields** politely telling her Cafe DeVille waitress that her mojito was too strong and ordering a Brooklyn Lager instead ... **PAUL McCartney** working out in the Crunch in Los Angeles and showing photos of his new daughter while wife **Heather Mills** spent \$450 in the gym's shop ... **ALEC Baldwin** enthusiastically kissing his beautiful Asian girlfriend on Amsterdam Avenue ... **SYDNEY Biddle Barrows**, **Ann Dexter-Jones**, **Jaid Barrymore** and **Alex Kuczynski** at 212 restaurant for the launch of **Dr. David Goldberg's** new anti-aging book, "Light Years Younger."

## Best Beauty Buys

## Creams, Cleansers & Scrubs

### 107 BODY SCRUB Olay Body Spa Exfoliating Ribbons

This moisture-rich cleanser "melts into skin," says dermatologist Lisa Airan of New York City. As you wash, the formula simultaneously buffs skin with gentle microbeads and sea salt, so it's "smoother and more hydrated without being scrubbed," says N.Y.C. dermatologist Amy Lewis. \$7; [ulta.com](http://ulta.com).

plus the tantalizing smell of orange blossom, refreshes your skin as well as your mood. \$6; [go to instyle.com](http://go.to.instyle.com) for discount.

### 111 BODY LOTION Cera Ve

This lotion keeps working all day long thanks to a delivery system that releases moisture-packed ceramides into skin over time, explains Lewis. "It's rich without being heavy or greasy and won't clog pores," says Derek Kenneaster, a dermatologist in Boynton Beach, Fla. \$14; [walgreens.com](http://walgreens.com).

### 108 HAND CREAM Neutrogena Norwegian Formula Age Shield SPF 30

Cracked, dry skin is no match for this glycerin-rich formula, says dermatologist Robin Ashinoff of Hackensack, N.J. Originally created for Norwegian fisherman whose hands are exposed to the harshest elements, "this silky soft cream is the best of the best," says dermatologist Susan Stuart of La Jolla, Calif. "It leaves hands feeling smooth and healed." \$5; [amazon.com](http://amazon.com).

### 112 FOOT CREAM L'Occitane Shea Butter Dry Skin

This luxe lavender-scented salve tackles tough calluses with a generous dose of shea butter. Slather seriously dry feet every night before bedtime, and even the roughest cracked heels will soften up. \$26; [loccitane.com](http://loccitane.com).

### 109 BAR SOAP Dove Beauty Bar

Formulated with the perfect balance of nondrying cleansers and moisturizers, this fragrance-free favorite "is ideal even for the most sensitive skin," says dermatologist Cameron Rokhsar of New York City. \$3/2 bars; [walgreens.com](http://walgreens.com).

### 113 BODY WASH Dove Deep Moisture

This hydrating wash is "the standard by which others are judged," says Jeffrey Weinberg, a N.Y.C. dermatologist. The dense formula contains sunflower and soybean oils so "you really don't need to moisturize afterward," says New York City dermatologist Amy Wechsler. \$4; at drugstores.

### ● 110 EDITORS' PICK Nivea Touch of Happiness

Moisturizing Body Wash in Orange Blossom

They're serious about the happiness part. The rich, creamy lather,



Scarle Johanss  
On Person  
Style, Bo  
Image & He  
Married L

# Women's Health

YOU'RE IMPROVED!

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**IN FOCUS NUTRITION**

## The Cost

...of eating out 3 nights a week

Once you see how much a year's worth of nightly noshes costs, you may decide you'd rather spend some quality time with your good friend Marie... Calendar.

YOU GET...	BECAUSE...	YOU PAY...
Late of VISA REWARD POINTS	You don't always have enough cash to cover the cost of each meal.	\$4,915.56
To get the fat for your favorite weekly POSTBURGER PIZZA	Customers, especially regulars, who do not get better service. Don't even think about leaving more than 15 percent. The national average is 18.5 percent.	\$714.56
A crush on your FAVORITE VALET	Even if you're eating on the run, you demand more than a drive-thru window from a restaurant.	\$780
Friendly with your GENERAL PRACTITIONER	Foodborne illnesses. Salmonella, E. coli—cause about 325,000 hospitalizations per year, and restaurant food accounts for about half of them.	\$340
Gym membership to FIGHT THE PUDGE	Even if you pick relatively healthy fare, restaurant portions tend to be larger than what you might serve at home—by as much as 700 percent, according to a New York University study.	\$1,090
ARCADES AND INSOMNIA REMEDIES	A steady diet of soft foods may lead to acid reflux disease. Lying does only increase it. Lotion, too, may not sleep well. And counting sheep will only leave you hungrier for lamb chops!	\$1,305.78
<b>TOTAL:</b>		<b>\$8,974.48</b>



Let the sun shine in.



**fect & Skin ide isy**

**save face**  
Just in case beauty really is skin deep, you'll be prepared

SPF 45 isn't the only way to protect your skin this summer. There's UV-fighting artillery stationed in your fridge and fruit bowl, too.

- 19 Veg Out** Reddish-orange foods like tomato and watermelon, which are rich in beta-carotene and lycopene, increase your protection against harmful UV rays from the inside out. Both vitamins settle into skin's outer layer, where their antioxidant action helps repair cells damaged by sunlight. In one French study, the delecting duo helped improve markers of skin defense against UV rays by as much as 20 percent. V8 juice is a source of both nutrients—just make yours the low-sodium version; why risk blushing from heavy salt intake?
- 20 Give Yourself a C** "Vitamin C is vital for the body's production of collagen, a building block for healthy skin," says David Goldberg, M.D., a clinical professor of dermatology at Mount Sinai School of Medicine. Less collagen means less elasticity—and more wrinkles. With nearly 285 milligrams, red bell peppers, which are fresh at your local market right now, contain three times more vitamin C, cup for cup, than oranges. Aim for at least 500 mg of vitamin C per day.

**21 Go Nuts** Fat is an essential component of all cells. But your body can't produce essential omega-3 fatty acids, which means you have to obtain them from food. Researchers from the University of California at Davis found that omega-3's anti-inflammatory properties may extend to the skin, helping to reduce puffiness. Salmon and mackerel are top sources. If you're not a fish fan, try Eggland's Best egg; each one contains 100 mg of omega-3.

**22 Empower Your Epidemias** Eating as little as 1 tablespoon of citrus zest each week may reduce your risk of skin cancer by nearly 30 percent. Lemons, limes, oranges, and grapefruit contain 6-limonene, a potent antioxidant known to reduce skin cancer risk," says Iman Hakim, M.D., of the Arizona College of Public Health. Use a zester to scrape the peel (not the bitter white pith underneath), and add a pinch to salads, smoothies, or margaritas.

WHAT'S THE DIFFERENCE?

**nutritionist and dietitian**

A **nutritionist** doesn't necessarily have formal training. But when you hire formal jobs and how that might "fit" just depend on the needs of your life, they could be your best friend. A **dietitian** has both a master's degree and a registered dietitian (RD) from the American Dietetic Association. That means, she can not just give the doughnut out pair the short by 3 minutes and 20 seconds and explain precisely how.



[www.examiner.com](http://www.examiner.com)

## Protect the Skin You're in



May is National Skin Cancer Awareness month, which means time to get in to see your Dermatologist and have a check up. While having a yearly visit is important, self-checks should be conducted every few months, with special attention to in between the toes and scalp areas often missed.

**This should be done despite having darker skin or no family history of the disease.**

**All you need to know is your alphabet says Dr. Rebecca Baxt NYC/NJ board certified dermatologist who firmly believes that early detection of skin cancer can play a key role in saving people's lives.**

**Here are some of the things you should look for-**

A-Asymmetry. One side does not match the other side of the mole if you were to draw a line in the middle of the lesion.

B-Border Irregularity. if the perimeter of the mole is jagged and irregular rather than smooth.

C-Color Variation. Bad colors are the flag colors-red, white and blue. Also black. Also more than one color in the mole is a warning sign. Light brown or medium brown for the whole mole is usually normal.

D-Diameter. Smaller than the size of a pencil eraser is usually a good sign, but not always. If the mole has other warning signs, but is small, still see your doctor.

E-Evolving. The mole is changing in any way-itchy, bleeding, growing, irritated, painful, changing color. Patients often find their own skin cancers and save their own lives by bringing evolving moles to their doctors attention.

What you Should Wear-

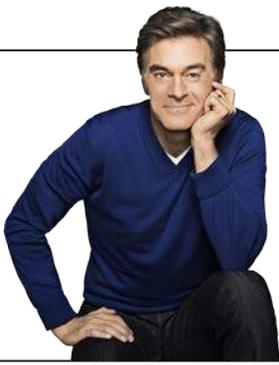
There are brands of clothing now such as Coolibar that tout their efficacy in keeping the rays at bay by providing protection of SPF 50+. Don't forget a hat.

Sunscreen should be the first and last thought before heading outdoors no matter the time of year. A shot glass worth is enough to cover your body but don't forget to reapply. Coppertone's Cleary Sheer line is awesome for wearing under makeup and Hawaiian Tropic's sport version is pretty drip resistant. Don't forget to apply between the toes and bottom of the feet.

Since your eyes are precious pick sunglasses that wear sunglasses like Pacific Rim which provides 100% UVA/UVB Protection and are low brim making them comfortable on most faces. For contact lens wearers try Accuvue Oasys, which features Hydra Clear Plus technology.

What You Should Always Avoid-

Although the UV rays emitted from the bulb at tanning booths are UVA rays rather than the UVB rays more commonly associated with burning, the UVA rays penetrate deeper in the skin and cause premature aging and wrinkling. Choose a self-tanner instead; it's not just safer but cheaper too.



# ASK DR. OZ ANYTHING

YOUR BURNING QUESTIONS ANSWERED!

A SMART  
SERVING, SHOWN  
ACTUAL SIZE.  
Pick your flavor!  
Just be aware  
that one scoop, a  
half cup, is the  
perfect treat.



Love soft-serve?  
Order the same half-  
cup serving—about  
the amount that  
would fill a small  
cupcake liner. A  
cone can easily be  
four times that.

## Q When you're craving ice cream, which is better: low-fat or full-fat?

**OZ SAYS** You probably think I'll steer you toward the one with less fat, but a Cornell University study found that when people were exposed to snack foods labeled "low-fat," they ate up to 50% more than when foods weren't labeled that way. "People often assume reduced-fat products are much healthier and let their guard down on portion control," says Alissa Rumsey, R.D., spokesperson for the Academy of Nutrition and Dietetics. And higher-fat options generally have better flavor and texture, so you're likely to be satisfied with less. Just keep in mind that both contain hefty amounts of calories and sugar. Scoop a serving into a bowl so you can tell how much you're eating, then stick that tub back in the freezer.

# Shhhhh



**SAVE YOUR EARS!**  
**TRY NOISE-CANCELING HEADPHONES.**

These help eliminate the urge to nudge up the volume to hear over ambient noise. And generally speaking, headphones are a safer bet than earbuds, which dump what you're playing directly into your ear canals.

**LET YOUR PHONE DO THE LIMITING.**

On an iPod or iPhone, go to "Settings," click "Music," then "Volume Limit." For Android devices, go to "Settings," select "Sound," then "Volume." For both, slide the dot less than two-thirds of the way across the volume bar.

**Q How loud is too loud when you're wearing headphones?**

**OZ SAYS** It's lower than you think. "The newest rule for headphones or earbuds is to listen for no more than 60 minutes a day at 60% of the maximum volume—that's about 70 decibels," says Marcella Bothwell, M.D., clinical professor of otolaryngology at the University of California, San Diego.

You may say, "OK, fine," but still find yourself inching up the volume when you're in a noisy place. If the street you're walking on has a normal 80 decibels of sound going on, you'll be tempted to crank your music at least 10 decibels higher. That would deliver 90 decibels, which puts you at risk for permanent hearing loss if you do it frequently, says Bothwell. At full blast, your device may generate 120 decibels—that's as loud as a jet engine at takeoff. No wonder some scientists estimate that 5% to 10% of people who regularly use music devices risk some permanent hearing loss after five years.



**Can you get tested for drug allergies? Or do you have to find out the hard way?**

**OZ SAYS** It depends on the drug. Right now, the only tests you can get are for allergies to penicillin and related antibiotics (those include amoxicillin, ampicillin, and Augmentin), but these are the most common causes of drug allergies.

If you suspect you can't take these meds, it's a smart move to get tested. One study found that more than 90% of people who think they have

an allergy to penicillin actually don't. So when they need an antibiotic, they're prescribed something that could be less effective, has more side effects, or is more expensive, says Dana V. Wallace, M.D., a past president of the American College of Allergies, Asthma & Immunology.

Many folks may suspect an allergy if they developed a rash after taking one

of these drugs. Probably doctors advised them not to use the meds again (wise, since drug reactions can be a nightmare). But a rash doesn't always indicate an allergy; it could have been a side effect or another problem altogether. So if you think you're in a gray area, or if you're allergic to other types of drugs, talk to an allergist about getting tested.

THIS PAGE: ADAM VOORHES; PROP STYLING BY ROBIN FINLAY; OPPOSITE PAGE: DWIGHT ESCHLIMAN

□ TRY IT OR □ SKIP IT?

## Using Ghee Instead of Butter

**THE CLAIM** Proponents believe that ghee (also known as clarified butter) is better than the standard yellow stick because it helps with digestion and even weight loss.

**OZ SAYS** Don't expect ghee (rhymes with "me") to have health superpowers; the claims are overstated. It has a higher smoke point and a nuttier taste than butter, but those are the only real differences, says dairy expert Robert Bradley, Ph.D., professor emeritus of food science at the University of Wisconsin-Madison.

The calories are nearly the same in both. People who are mildly lactose intolerant *might* find this alterna-fat easier on the belly. Here's why: When you heat butter, the milk solids separate from the fat. As you strain those solids out for ghee, almost all the milk proteins and lactose come out with them. But butter has such little lactose to begin with, ghee's advantages are kind of slim. So a special trip to the health food store or Indian market for ghee won't boost your health. **SKIP IT**



On in the A.M., off at night!

Your skin might want a different product.



**SHOULD YOU TAKE A BREAK FROM WEARING MAKEUP TO LET YOUR SKIN BREATHE?**

**OZ SAYS** If you need a few days or a week without makeup to clear up your complexion, it's not because your skin needs to "breathe." (Skin doesn't actually do that.) It's because you're using the wrong makeup or you're not washing your face every night—or both, says dermatologist Jeannette Graf, M.D., of Mount Sinai School of Medicine in New York City.

Breakouts might mean it's time to change makeup brands or formulas. Look for products marked "noncome-

dogenic," which typically don't contain pore-clogging ingredients, or a foundation with acne-fighting salicylic acid.

No matter what you use, a nightly wash is nonnegotiable. "Your skin sheds old cells overnight, and extra product can interfere with this, promoting pimples, accelerating aging, and dulling your complexion," Graf says. So you can wear makeup every day; just cleanse to remove it at night. That's what your skin really needs to do its housekeeping.

□ TRY IT OR □ SKIP IT?

## Sunscreen in a Pill



**THE CLAIM** These supplements contain antioxidant plant compounds to protect your skin from the inside out. Manufacturers say sun protection pills help your skin handle UV rays better, meaning less sun damage to cells.

**OZ SAYS** Swallowing these is like putting another lock on your front door—a little bonus security against the sun. The pills may shore up your usual protection (you know...SPF 30 sunscreen, sunglasses, wide-brimmed hat, seeking the shade), but they can't do the job alone, says Mona Gohara, M.D., an associate clinical professor at Yale School of Medicine.

The tablets are made with a fern extract that's been shown in independent research to diminish damaging effects of ultraviolet light. Researchers believe it also helps strengthen cells and increase elastin, which could mean more resilient skin and fewer wrinkles for you. Nothing can shield you 100% from UV rays, but these pills may at least increase your defenses, especially if you tend to miss spots with the sunscreen.

**TRY IT**

**Q** DOES PEEING ON A JELLYFISH STING REALLY MAKE IT STOP HURTING?

**No.**

**OZ SAYS** TELL ANYONE WHO BELIEVES THAT TO JUST HOLD IT.

Urine (like freshwater) may actually make matters worse by activating the jellyfish's stinging cells so they release more venom, explains Rebecca Baxt, M.D., an assistant professor of clinical dermatology at New York University School of Medicine.

So what should you do if you've been zapped? Get out of the water and check for any gelatinous strands attached to you. These typically clear-colored tentacles have the nasty little cells that keep releasing venom. Use salt-water to rinse them off, but don't

rub with your hands—it will only sting them. Then pluck remaining stingers out with tweezers, or scrape them off with a credit card, says Baxt.

Know someone who swears by vinegar or a baking soda-and-saltwater paste? Either *might* work, but which to use depends on what species stings you. So unless you're up for a potentially painful experiment, stick with the advice above.

With any jellyfish sting, you can take the leftover "ouch" out with aspirin or ibuprofen.

□ TRY IT OR □ SKIP IT?

## Fighting Acne with Acupuncture

**THE CLAIM** Needles placed in strategic locations can clear up stubborn breakouts.

**OZ SAYS** If the creams and medications you've been using aren't working on your acne, acupuncture is worth a try, according to a recent review of the research.

It may tackle breakouts at one of their root causes. "Stress often causes a spike in cortisol levels, which can lead to oil production and acne," says Emmy Graber, M.D., a professor of

dermatology at Boston University School of Medicine. Acupuncture has been shown to quiet the stress response, so it may help control oil flow. But studies found that you need to keep up with your topical or pill treatments as well.

While there's no consensus yet on exactly how many acupuncture treatments you might need to get your skin smooth, some people saw results within a few weeks of three-times-a-week needle sessions.

**TRY IT**

## Q Jerky is everywhere these days. Is it really healthy?

**OZ SAYS** That gas station staple has suddenly gone upscale, and it's selling like hotcakes, thanks to the popularity of the protein-heavy Paleo diet. As far as snacks go, you could do a lot worse.

"Jerky can be a lean, high-protein snack that helps stave off hunger," says Joan Salge Blake, R.D., a clinical associate professor of nutrition at Boston University. Most have 60 to 90 calories per ounce (a bag is usually about 3 ounces) and 8 to 14 grams of protein. Still, some brands are off the charts in saturated fat, added sugar, and sodium. Look for jerky with no more than 2 grams of saturated fat, 400 mg sodium, and 5 grams of sugar per ounce, like the editor's picks here.

### 1 BEST OVERALL

**Grass Run Farms Sweet & Spicy Beef Jerky**  
"Just the right balance of sweetness and kick," and "moister and softer" than many options, say our testers. (\$29.50 for 5 packs, grassrunfarms.com and amazon.com)

### 2 BEST CLASSIC BEEF

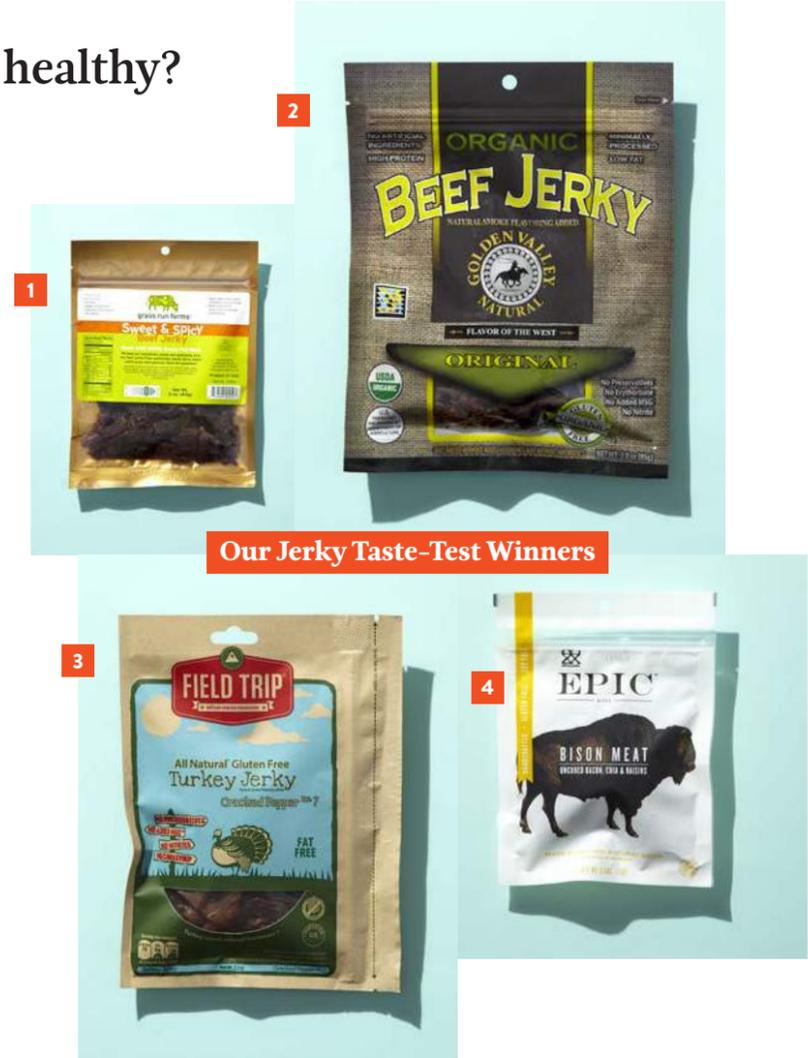
**Golden Valley Natural Organic Beef Jerky**  
"Traditional smoky flavor with a nice chewiness." (\$7, goldenvalleynatural.com, drugstores, and natural food stores)

### 3 BEST TURKEY

**Field Trip Turkey Jerky, Cracked Pepper**  
"Great old-school jerky taste and texture." (\$6.50, fieldtripjerky.com, grocery stores, and big-box stores)

### 4 BEST ALTERNATIVE MEAT

**EPIC Bites Bison Meat**  
Not straight jerky; the meat's blended with chia seeds and raisins for a moist texture and taste that testers loved. (\$7, epicbar.com, REI, Vitamin Shoppe, Whole Foods, and other select grocery stores)



THIS PAGE: DEVON JARVIS/STUDIO D. OPPOSITE PAGE: DAN SAELINGER/TRUNKARCHIVE.COM. JELLYFISH ILLUSTRATIONS BY GIULIANA GALANT

## Is This the Dumbest Social Media Trend Ever?

Allure.com



Now that Flash Tats have run their course, a new type of body "art" is trending: #sunburnart. And yes, it's exactly as dumb as it sounds. Sun-worshippers and tanning bed users alike are strategically putting sunscreen on certain parts of their skin, then letting their unprotected skin burn to a crisp so they can admire the "art" that the sunburn creates. Then, as if that's not stupid enough, they're posting the photos online. Yes, there's a heinous hashtag trending on Instagram called #sunburnart:

A photo posted by Breanna Thomas (@healthyskinbreanna) on Jul 3, 2015 at 3:36pm PDT

In fact, the trend is so alarming that the Skin Cancer Foundation released a statement warning against it. Not only is a sunburn incredibly painful, a person's risk for melanoma—the most serious form of skin cancer—doubles after five or more sunburns.

And just because you only burned some of your skin doesn't make it any better. "Any kind of sunburn is really bad," **says Rebecca Baxt, a New York board certified dermatologist.** "Purposefully covering one area of skin to intentionally burn and then tan the other area is a bad idea. The skin that was covered is not damaged, but the rest of the skin is damaged."

Second, would you really call this art? Baxt doesn't think so. "It's just a sunburn in a pattern chosen by the person on purpose." And finally, if you really want to create art, Jason Emer, a dermatologist in Beverly Hills, suggests a much more "artistic" way. "Spray tans are much safer and you can design any skin tone color without the burn," he says.

Come on guys, you can do better. Please stop making bad decisions (like purposefully burning your skin) and start making good ones (like using self-tanner).

PHOTO: INSTAGRAM: @ELNUEVODIA

# COSMOPOLITAN

**BEST.  
SEX.  
EVER.**  
42 **NEW**  
TIPS

**BEAUTY  
UNDER \$10**

**THE REAL  
REASON  
HE NEVER  
TEXTED**

**DEMI  
LOVATO**  
GET READY...  
HER SHOCKING  
INTERVIEW

**COSMO EXCLUSIVE**  
"MY FIANCÉ  
WAS GAY"  
NBA Player Jason  
Collins' Ex Speaks Out

How to  
**BOUNCE  
BACK FROM  
AN OFFICE  
"OOPS"**  
P.104

# SUPERHOT!

**PERFECT JEANS FOR YOUR BODY & BUDGET**

**SUPERMODEL ABS WORKOUT**

**YOUR SUMMER BUCKET LIST—GET ON IT!**

How can I prevent a sunburned scalp?

**A** Wear a hat or cute scarf. Or go for a slicked-back, unparted ponytail, so hair covers burn-prone skin.

SOURCE: SUSAN STUART, MD, DERMATOLOGIST IN LA JOLLA, CALIFORNIA

**SEX ON  
THE FIRST  
DATE?**  
THE VERDICT IS IN!

# Summer Sex: Make It Even Hotter!

It's Good to Be You™

# Women's Health

## 1-2-3 Abs!

Easy Steps  
to a Lean,  
Sexy Belly

## Eat More, Weigh Less!

No Cravings  
No Crankiness  
Just Results

**Boost  
Your  
Bliss**  
New Ways  
to Escape  
Stress



### BEAUTY AWARDS JUDGES

Check out the winning products, starting on page 121.

#### SKIN

**TINA ALSTER, M.D.**, director, Washington Institute of Dermatologic Laser Surgery; clinical professor of dermatology, Georgetown University Medical Center

**MARIANNA BLYUMIN-KARASIK, M.D.**, dermatologist in Miami

**DORIS DAY, M.D.**, clinical assistant professor of dermatology, New York University Langone Medical Center

**JEANINE DOWNIE, M.D.**, founder, Image Dermatology PC, Montclair, New Jersey

**PAUL FRIEDMAN, M.D.**, director, DermSurgery Laser Center in Houston; clinical assistant professor, University of Texas Medical School

**ROBERT J. FRIEDMAN, M.D.**, dermatologic oncologist in New York City; clinical professor, New York University School of Medicine

**FRANCESCA FUSCO, M.D.**, assistant clinical professor of dermatology, Mount Sinai Medical Center, New York City

**MARSHA GORDON, M.D.**, dermatologist in New York City

**RANELLA HIRSCH, M.D.**, dermatologist in Cambridge, Massachusetts; past president, American Society of Cosmetic Dermatology and Aesthetic Surgery

**ELLEN MARMUR, M.D.**, dermatologist in New York City and associate professor of dermatology at Mount Sinai Medical Center in NYC

**NEIL SADICK, M.D.**, founder, Sadick Dermatology, New York City and Great Neck, New York

**AVA SHAMBAN, M.D.**, dermatologist in Santa Monica, California; author, *Heal Your Skin: The Breakthrough Plan for Renewal*

**HOWARD SOBEL, M.D., FAACS**, cosmetic dermatologist; director, Skin & Spa, New York City

**SUSAN STUART, M.D.**, board-certified dermatologist in La Jolla, California

**ELIZABETH TANZI, M.D.**, dermatologist in Washington, D.C.

**PATRICIA WEXLER, M.D.**, dermatologist and dermatological surgeon in New York City

#### HAIR

**NICK ARROJO**, hairstylist/owner, Arrojo Studio, New York City

**KRISTINA BARRICELLI**, hairstylist, Gemini 14 salon, New York City

**SHARON DORRAM**, celebrity colorist in New York City

**RITA HAZAN**, celebrity colorist; owner, The Rita Hazan Salon # New York City

**AMOY PITTERS**, celebrity hairstylist in New York City

**JET RHYS**, co-owner, Jet Rhys Salons, San Diego

**EVA SCRIVO**, owner, Eva Scrivo salon, New York City

**TIPPI SHORTER**, celebrity hairstylist

**MARK TOWNSEND**, hairstylist in New York and Los Angeles

**VICKIE VIDOV**, hairstylist, Gemini 14 salon, New York City

**MOULAY YACOUBI**, stylist, Riccardo Maggiore salon, New York City

#### MAKEUP

**NICK BAROSE**, makeup artist in New York City

**BRETT FREEDMAN**, makeup artist in Los Angeles; founder, Vanitymark Cosmetics

**RACHEL GANGEMI**, celebrity makeup artist in New York

**JESSICA LAUREN**, founder, makeup artist in New York City

**SARAH LUCERO**, celebrity makeup artist in Los Angeles

**MOLLY R. STERN**, celebrity makeup artist in Los Angeles

**EMILY WARREN**, makeup artist in San Francisco



*the votes  
are in!*

## BEAUTY AWARDS

## Doctor's Orders: Top Product Picks for Spring

[www.dermstore.com](http://www.dermstore.com)

### DOCTOR'S ORDERS: TOP PRODUCT PICKS FOR SPRING

#### TRI-RETINOL COMPLEX BY SKINMEDICA

*"Three different forms of retinols are combined synergistically in a time-released formula to allow a gentle cell turnover rate. An essential for every night regime to aid in reduction of lines, wrinkles, age spots, acne, large pores and texture."*

- Dr. Susan Stuart



#### TNS ESSENTIALS SERUM BY SKINMEDICA

*"Every regime needs a little science to add to the mix. This serum has proved its efficacy time and time again through research trials. With over 110 growth factors, antioxidants, hyaluronic acid, peptides, firming agents, natural skin lighteners, and other specialty ingredients, this product delivers real results in half the time. Be prepared for an improvement in lines, wrinkles, age spots, firmness, texture and more."*

- Dr. Susan Stuart

#### JOURNEE BIO-RESTORATIVE DAY CREAM WITH PSP BY NEOCUTIS

*"This cream combines the latest in science and luxury with hyaluronic acid, antioxidants, growth factors and sun protection. It's perfect for the busy mother or career woman who wants it all but has just one minute to apply it."*

- Dr. Susan Stuart



#### SUNFORGETTABLE MINERAL POWDER BRUSH SPF 50 MATTE - FAIR-ALL CLEAR BY COLORESCIENCE

*"A must have for the purse. A simple and elegant way to reapply your sun protection on the go while mattifying the oily complexion as the day goes on."*

- Dr. Susan Stuart



#### LUMIERE BIO-RESTORATIVE EYE CREAM WITH PSP BY NEOCUTIS

*"Eliminate dark circles and firm and reduce fine lines and wrinkles around your eyes with this powerhouse. Combines ingredients such as psp growth factors, caffeine, wild yam extracts and moisturizers to release real results."*

- Dr. Susan Stuart

# SUSAN STUART



Susan Stuart, M.D. received her Doctor of Medicine (M.D.) degree from Tulane University School of Medicine. She completed a highly competitive one year internship at Mercy Hospital Medical Center in San Diego followed by a residency at Emory University, one of the most highly respected dermatology training programs in the U.S. She also completed a one year postgraduate dermatology fellowship in pediatric dermatology at Stanford University Medical Center.

Dr. Stuart's career began with her undergraduate education where she received her B.A. degree from Duke University and was elected into Phi Beta Kappa, an elite academic honor bestowed upon a small percentage of undergraduates who have achieved the highest standards of scholarship in the U.S. In addition, Dr. Stuart is the founder and past president of a nationally recognized organization for children with physical and emotional disorders at Duke University.

After completing 8 years of postgraduate medical education, Dr. Stuart began offering San Diego skin care services and has remained in the area ever since. She has worked with several internationally respected dermatologists and laser experts while continuing her academic endeavors as a faculty member at UCSD Medical Center, where she has instructed interns and residents. She maintains active staff privileges at Scripps

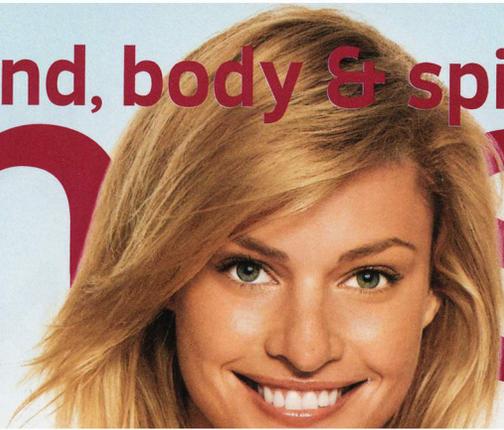
Memorial Hospital in La Jolla.

Dr. Stuart is considered one of San Diego's leading experts in dermatology and lasers and has been selected as one of American's top physicians in dermatology. She has been featured regularly on news shows including NBC, ABC, and KUSI for her expertise on a variety of dermatology topics and procedures, including San Diego Fraxel laser skin rejuvenation and BOTOX Cosmetic.

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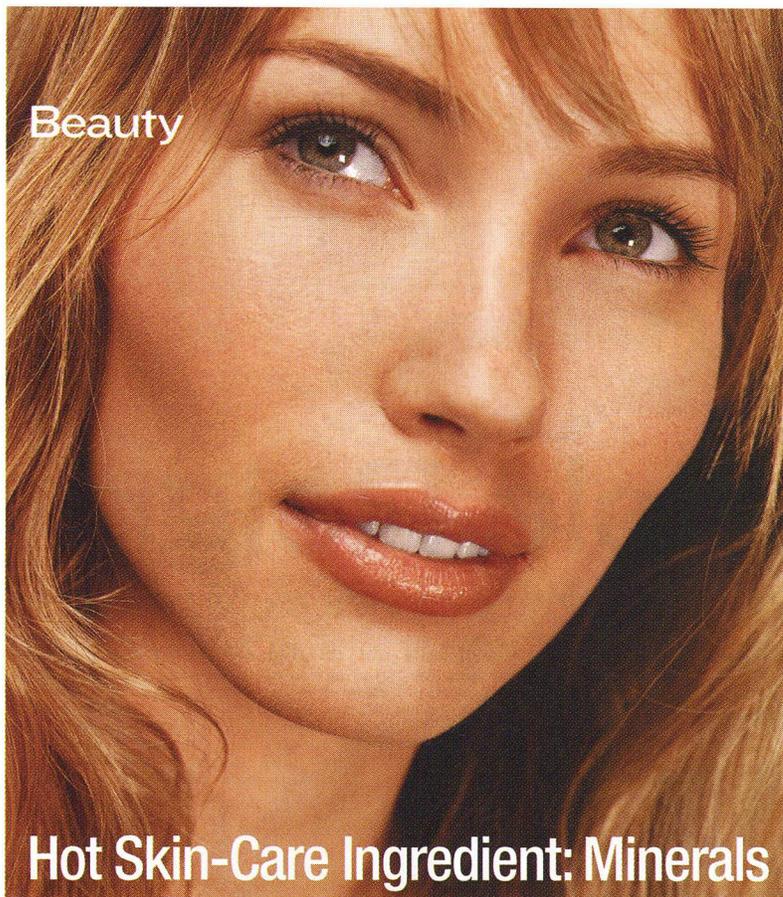
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Beauty

## Hot Skin-Care Ingredient: Minerals

Minerals work faster than chemicals because they mimic naturally occurring elements in the body, says **David J. Goldberg, M.D.**, director of the Skin, Laser & Surgery Specialists of New York and New Jersey. Target your skin-care goal and get glowing in record time.

• **Zap Acne:** Treat breakouts with antibacterial **sulfur**, then soothe irritation with an anti-inflammatory like **zinc**. To try: Mario Badescu Drying Mask, \$18; Lather Zinc and Aloe Anti-Acne Serum, \$27.

• **Firm Up:** Block free radicals and strengthen the skin's barrier with **manganese** and **calcium**. To try: Biotherm Source Therapie Skin Perfecting Spa Water Concentrate, \$37; Lancôme Aqua Fusion Cream, \$34.

• **Boost Hydration:** Infuse your bath with **sodium potassium** (aka sea salts) to help skin retain water that would otherwise evaporate. To try: Algoritherm Seaweed Salts, \$14.50; Lisan Dead Sea Bath Salts, \$24.

16

All-time best  
weight-loss tips  
from women  
who kept it off

Flat  
tummy in  
min.

4

really  
cheap  
ways  
to make  
your diet  
healthier

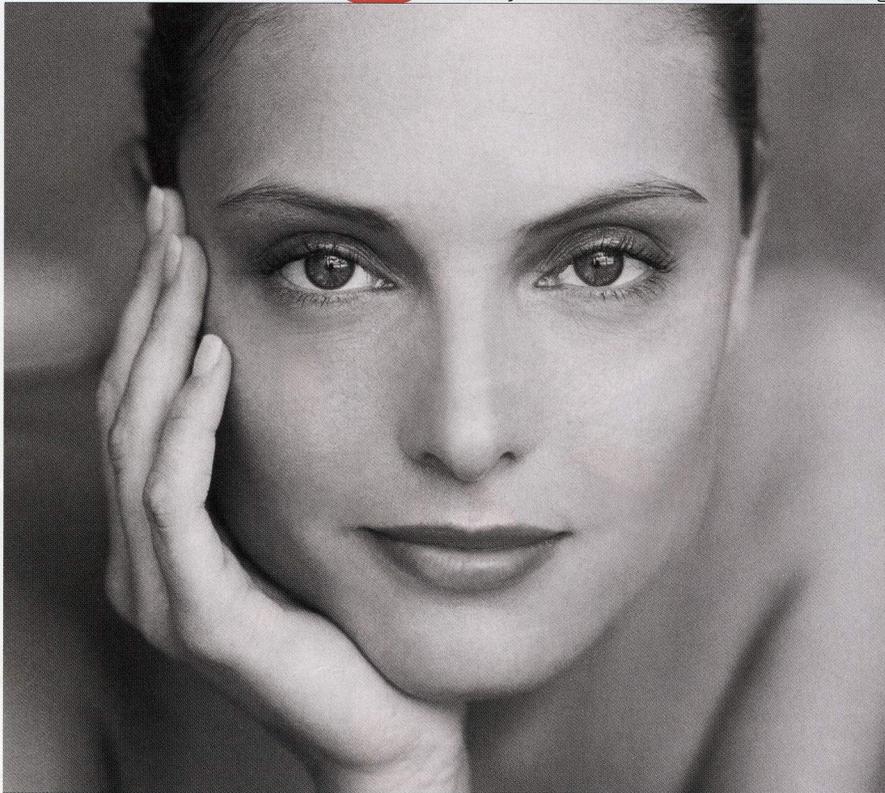
KID-FRIENDLY RESTAURANTS: OUR EXCLUSIVE SURVEY

# child



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LATE  
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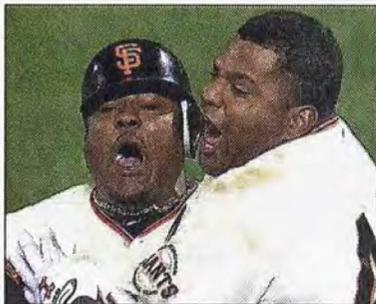
## COMPLEXION PERFECTION

New anti-aging treatments are targeting women at ever younger ages. But do they work—and are they necessary? An expert helps us fill in the lines.

**ABOUT FACE** With new surgical procedures becoming less invasive and anti-aging cosmetics becoming more abundant, women as young as their late 20s are taking steps to stop the signs of aging, says **David J. Goldberg, M.D.**, a board-certified dermatologist and author of *Light Years Younger: The Definitive Guide to Anti-Aging Skin Care*. In his book, Dr. Goldberg devotes a section to the latest breakthroughs in age-defying cosmetics. He recommends those containing vitamins A and C, which have been proven to promote healthier, more radiant skin. Current research into the benefits of fruit extracts like grapeseed also show promise. In the meantime, Dr. Goldberg says there's no harm in trying out different products to find one you like. But above all, using a moisturizer with SPF 15 is the best way a woman of any age can defend her skin against time, he says. Turn the page to learn about the latest products that aim to deliver youthful results. ➤



**SPORTS SCORES**



# Giants one win from pennant

- Despite late rally, Phillies fall 6-5
- Yankees stay alive, will play in Texas Friday, 1, 4-5C

By Ezra Shaw, Getty Images

**Sacrifice:** Uribe, left, drives winning run.

**USA TODAY INTERVIEW**

## Damon gets deeper

- Growing family, two movies on the way. No wonder he's focused. 1D

By Robert Deutsch, USA TODAY

www.usatoday.com

# Life

SECTION D



Jon Stewart, Steve Carell by Kevin Mazur, WireImage

## 'Many Stars' vs. autism

Comedy is central to cause, 3D



## 'Revolutionary' skin treatment



From tattoos to acne, 4D

# NO EXCUSES

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If you've successfully lost weight, we want to hear from you and perhaps include your story in our annual Weight-Loss Challenge series. The theme: No Excuses.

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USA TODAY

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## FYI on your BMI

There's more to fat than the bathroom scales can tell you. Calculate your Body Mass Index online.

Find our BMI tool at [dietchallenge.usatoday.com](http://dietchallenge.usatoday.com).

Stockdisc

# Be comfortable in your (better) skin

For many women, aging gracefully means skin that looks healthy and well cared for. But standing in the way can be any number of skin problems — from acne scars to age spots. In his new book, *Beautiful Skin Revealed: The Ultimate Guide to Better Skin*, dermatologist Paul Friedman, director of the DermSurgeryLaser Center in Houston, says lasers and light-based technology have "revolutionized" the treatment of many common skin conditions. He discusses a few with USA TODAY's **Michelle Healy**.



THE ULTIMATE GUIDE TO BETTER SKIN  
BEAUTIFUL SKIN REVEALED

PAUL M. FRIEDMAN, MD  
DERM SURGERY LASER CENTER HOUSTON TX



REAL PATIENTS AND THEIR STORIES

### More resources

Do your homework when looking for a doctor, dermatologist Paul Friedman says. He suggests word of mouth and getting a recommendation from a primary-care doctor or

- ▶ American Academy of Dermatology: [www.aad.org](http://www.aad.org)
- ▶ American Society for Dermatologic Surgeons: [www.asds.net](http://www.asds.net)

## Acne scarring



### Q: What can be done about it?

A: Acne is the No. 1 condition that dermatologists see. It affects approximately 80% of the population. . . . We actually see a lot of adult acne, especially in women, typically exacerbated by hormonal causes. Stress can also contribute.

Laser technology is being utilized safely and effectively for treating acne. . . . It's often used in combination with traditional topical therapy or even oral medications like antibiotics. It's really important to see a dermatologist if you have acne so you can have it treated before you have acne scarring.

Depending on where you have the procedures done, you can expect to pay from \$400 to \$1,000 per laser treatment. Typically we've seen up to a 70% reduction of acne after three treatments, with a one-year remission.



**Megan Wessels, 28**  
Alief, Texas

A dancer, she suffered from acne in her teens and 20s. Medications, ointments and peels had limited results. Laser treatment made a difference.

## Tattoo removal

### Q: Isn't removing tattoos painful and difficult?

A: There's a new generation of permanent tattooing ink that's marketed as being more laser-responsive than regular ink. The problem is getting the parlors to utilize it. It's a more regulated ink, and you know what's in it. That's really important because certain inks can darken with certain laser treatments; specifically reds, skin-colored and white tattoo inks can turn black. So knowing can help later if you decide to have it removed.

For removal, in general you're looking at five to 10 sessions. The treatment itself can be painful, so we inject lidocaine to numb the skin. You're looking at roughly a one-week recovery. You get a little bit of scabbing when the ink is absorbed by the laser light that then causes some crusting, and that can last up to a week. Wound care is very important during this process.

The other option is to actually cut the tattoo out surgically. But then you're looking at the risk of scarring. Certain areas do better than others, but we will have patients who say, "I just want this tattoo gone." That obviously isn't realistic for your larger tattoos.



**Veronica Ebie, 29**  
Houston

The professional model's first attempt to remove an old tattoo left her with third-degree burns and a thick scar. Laser treatments were successfully used to lighten and soften it.

## Rosacea

### Q: What can be done about the redness and bumps?

A: Rosacea is typically seen in fair-skinned individuals. It's more common in women, typically in their 30s, 40s and 50s. The first line of treatment would be your topical and oral antibiotics, but for patients who have symptoms of flushing or repeated redness of the face when exposed to sun or spicy foods, the laser is the only treatment option to reduce the flushing or blushing sensation that occurs after being exposed to the trigger factors.

It targets the blood vessels. It heats them up, and the body absorbs them. We do four or five sessions at monthly intervals, and once or twice a year for maintenance treatments. These are some of the happiest patients because it's a condition they are commonly asked about and embarrassed by. People don't realize there are new advances that we can incorporate into their regimen to help with this condition.



**Lyn Dwoskin, 43**  
Houston

Seeing her bright red and blotchy face in the mirror was this teacher's introduction to rosacea. Pills, scrubs and lotions did not work. Laser treatments, she says, have changed her life.

## Now what?!?

Smart solutions for life's little disasters

### My heat rash is super itchy.

AMANDA YUE, via e-mail

**THE FIX:** A heat rash occurs when sweat glands are blocked and perspiration gets trapped in the skin. First off, wear loose, breathable clothing, which allows sweat to evaporate, so the rash doesn't worsen, says Rebecca Baxt, a dermatologist in New York City. Apply a 1 percent cortisone cream to the affected area two to three times a day until the rash is gone. To calm the itch, apply cool compresses and Sarna Sensitive Anti-Itch Lotion (\$10, drugstore.com) multiple times a day. (Store the lotion in the refrigerator to make it extra soothing.) Joely Kaufman, a dermatologist in Miami, swears by Simple Soothing Facial Toner (\$7 at drugstores), which can also be used on the body. It contains chamomile and witch hazel, says Kaufman.

### My towels are stiff, even though I have soft water.

B. WILKINSON, via e-mail

**THE FIX: WASH TOWELS IN HOT WATER WITH ONLY THE RECOMMENDED AMOUNT OF DETERGENT, AND SKIP THE LIQUID FABRIC SOFTENER, SAYS MARY MARLOWE LEVERETTE, THE LAUNDRY EXPERT FOR ABOUT.COM; THE ROUGHNESS COULD BE FROM DETERGENT RESIDUE. STILL NOT SOFT? ADD A CUP OF DISTILLED WHITE VINEGAR TO THE RINSE CYCLE NEXT TIME. IT CAN BREAK DOWN LEFTOVER GUNK.**

### I'm recovering from an ear infection, but I'm flying tomorrow.

SARAH M., via e-mail

**THE FIX:** You need to follow a three-step remedy. An ear infection, along with the sudden change of pressure during a flight, can be painful because they both hinder proper drainage, says Darius Kohan, M.D., the chief of otology and neurotology at Lenox Hill Hospital, in New York City. He suggests: (1) If you have normal blood pressure, take a decongestant (like Sudafed) and use a spray (like Afrin) an hour before takeoff and six hours later, if you're still in the air. (2) Before takeoff and during ascent and descent, wear earplugs designed to prevent pressure from building up quickly (\$9, earplanes.com). (3) Chew gum during takeoff and landing. This will cause you to produce and swallow more saliva, opening the eustachian tubes in your ears that allow drainage.

Written by  
Andra Chantim

Illustration by  
Peter Oumanski



THE REALIST



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## 6 Secrets to Gorgeous Skin

### Some people have complexions that are radiant. What can we learn from their daily skin care habits?

By Shelley Levitt  
WebMD Feature

More than a great wardrobe or a skilled hand with make-up, healthy glowing [skin](#) is the key to turning heads.

Just ask Kelly Campbell, a Los Angeles public relations consultant and mom. She regularly gets stopped by strangers complimenting her on her seemingly poreless, lit-from-within complexion.

The key to that gorgeous skin? She was born with it.

"Honestly, I've always been lucky to have good skin," Campbell says. "Except when I was [pregnant](#) and I broke out from all the hormones, I've never had trouble with my skin."

Yes, some people win the hereditary lottery when it comes to good skin, just as others are blessed with the kind of [metabolism](#) that lets them eat vast amounts of pizza, chocolate, and Chunky Monkey without gaining an ounce.

"Not all skin is created equally," says Paula Bourelly, MD, a dermatology professor at Georgetown University. "You can't underestimate the value of genetics."

But genes are just the starting point. Beautiful skin is also about good skin care habits, practiced day in and day out.

Here are, from top dermatologists and Campbell herself, the secrets to stunning skin.

#### No. 1 and No. 2: Smoking No, Sunscreen Yes

Imagine two people starting out with the same exact DNA. One smoked and sunbathed, the other avoided both. Would that make a difference in the appearance of their skin?

Researchers have the answer to that, and it's a resounding yes.

A team of experts led by plastic surgeon Bahman Guyuron, MD, of Case Western Reserve University analyzed photographs of the faces of 186 pairs of identical [twins](#) taken at the Twins Day Festival in Twinsburg, Ohio. The twins had also filled out detailed questionnaires about their lives and daily habits.

It turns out that siblings who smoked and spent lots of time outdoors without wearing [sunscreen](#) looked years older than the brother or sister who shunned cigarettes and tanning. They had more fine lines, deeper and more plentiful [wrinkles](#), and their skin was more mottled.

Bourelly isn't surprised. "Many of the things that my patients complain about -- dull, rough skin, and uneven skin tone -- are related to chronic sun exposure," she says, "and studies have shown that [smoking](#) is associated with premature wrinkling."

Her straightforward advice: Wear a broad-spectrum sunscreen that protects against both UVA and UVB rays with an SPF of 30 or higher, even on cloudy days, and reapply every two to three hours you're outdoors.

And, for the sake of your overall health as well as your appearance, don't smoke.

#### No. 3: Consider Retinoids

Studies have shown that the vitamin A derivatives known as retinoids unplug pores, help clear up [acne](#), reduce fine lines, boost the production of collagen, lighten brown spots and freckles, and improve skin texture.

The retinoids -- which have even been shown to help treat precancerous skin lesions -- is sold by prescription only under names that include [Renova](#), Retin-A, and the generic [Tretinoin](#).

"A [retinoid](#) should be the foundation of any topical antiaging regimen," says dermatologist [Paul M. Friedman](#), co-author of [Beautiful Skin Revealed: The Ultimate Guide to Better Skin](#).

Friedman, who is a professor of dermatology at the University of Texas Medical School and also at New York's Weill Cornell Medical College, recommends that men and women make a retinoid part of their evening regimen beginning in their 20s.

The downside is that retinoids can initially cause dryness, flaking, and redness.

Dermatologists say that starting out slowly, applying a pea-sized amount of retinoid every second or third night, can help your skin adjust to the powerful ingredient.

Or consider an over-the-counter cream, gel, or serum containing retinol. This nonprescription version of a retinoid works more gradually and gently but is still effective in rejuvenating your skin.

#### **No. 4: Keep Skincare Simple**

Overuse of products is the biggest mistake people make in their skincare regimens, says Jeanie Leddon, MD, PhD, a dermatologist in Boulder, Colo.

"Some patients come in with a grocery bag full of products and wonder why their skin doesn't look or feel great," Leddon says.

Bombarding your skin with a host of different ingredients can be irritating, Leddon says. What's more, used in combination, some ingredients will cancel out each other's benefits.

For example, the acid in salicylic or glycolic acid breaks down ingredients like retinol, [hydroquinone](#), or [Vitamin C](#). "More," says Leddon, "is not necessarily better."

Friedman agrees: "The products necessary for beautiful skin aren't glamorous, and include a simple cleanser, sunscreen, moisturizer, and a retinoid or retinol."

What's more, the simpler your skincare regimen, the more likely you are to stick with it.

#### **No. 5: Give Products Time to Work**

Just as using a half dozen or more products at any one time can overload your skin with too many ingredients, so can changing the products you're using every couple of weeks.

Sure, you might want to adjust your beauty regimen seasonally; swapping, say, the oil-free moisturizer you use in the summer for one that's more [emollient](#) during the winter, when frigid temperatures and indoor heating can rob your skin of moisture.

And if your skin is reacting with swelling, redness, or burning to a new product you've tried, stop using it immediately.

But in general, Leddon says, finish the entire tube or bottle of a skincare potion before you write it off as ineffective.

#### **No. 6: A Balanced Life Leads to Your Best Skin**

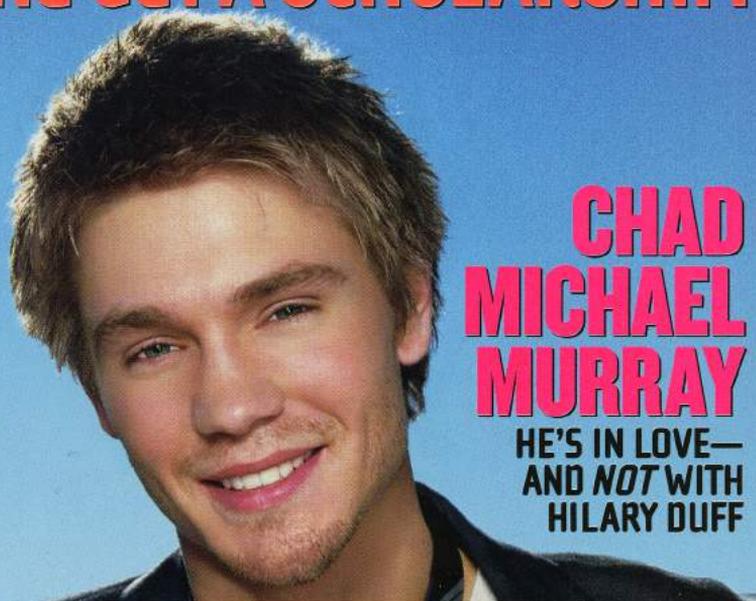
Campbell says, "I don't have a secret" when it comes to her traffic-stopping gorgeous skin:

- But then she reveals a host of healthy daily habits: She's a vegan who starts her day with a mango, blueberry, and spinach smoothie, shuns processed foods and buys organic [fruits and vegetables](#) at her local farmers market; teaches yoga part-time; practices a vigorous form of yoga daily, and gets a solid seven or more hours of sleep a night.
- All these elements of a healthy lifestyle undoubtedly help keep Campbell's skin looking its best.
- Regular sleep, Friedman says, optimizes the natural secretion of [human growth hormone](#) to promote cell turnover and collagen production while [exercise](#) increases circulation and the flow of nutrients to your skin.
- Activities like yoga and [meditation](#) help keep stress in check, which in turn reduces the release of stress hormones that worsen conditions like acne, eczema, and rosacea.
- Meditating regularly may even make treatment more effective. In one study, people with [psoriasis](#), a condition that causes itchy, scaly skin, listened to meditation tapes while they received ultraviolet light treatments. The results: They healed four times as fast as nonmeditators.
- The key to gorgeous skin turns out to be a mix of science, common sense, overall good health habits, and a simple stick-to-it skincare regimen. The spinach smoothie is strictly optional.

10 HOT GUYS. HELP ONE GET A SCHOLARSHIP.

# ym

your magazine



**CHAD  
MICHAEL  
MURRAY**

HE'S IN LOVE—  
AND *NOT* WITH  
HILARY DUFF



## STAY INSIDE THE LINES

Messy lips are no girl's friend.

BY BETH SHAPOURI

We'd like to thank Erika Christensen's makeup artist for demonstrating every rule for pulling off cherry lipstick. The color is bright but elegant, and using it with soft rosy blush and only a tad of berry eyeshadow prevents that painted-up effect. So even though her lips are bold, they don't steal the show.



*Love it*

**Q:** HELP! I ALWAYS SEEM TO GET A BIG RED ZIT AT THE MOST INCONVENIENT TIMES. WHAT CAN I DO? —ALLISON, 14, DENVER

**a:** According to New York/New Jersey dermatologist **Dr. David J. Goldberg**, keeping pimples from sprouting is a lot easier than eliminating them once they're here. Use a benzoyl-peroxide cream like Clean & Clear Persa-Gel 10, \$4, at night to dry up oil and kill bacteria. After a month, your skin should start clearing. If you do get a huge one, don't pop it—that can make it bigger, or worse, leave you with a scar. Plus, David says, over-the-counter creams only help ward off new zits and won't make an existing one deflate. If it's a special occasion (like, ahem, prom), your dermatologist can zap the pimple with localized cortisone. Unfortunately, this costs up to \$200, so that's not an everyday solution. We say suck it up and use a concealer like Neutrogena SkinClearing Oil-Free Concealer, \$8.



*Leave it*

Think back to your preschool days, when you hadn't quite mastered coloring books. Remember the red crayon lips you smudged over the characters' faces? Kelly Osbourne's are squarely in that tradition. Her mouth is proof that your lipline is there for a reason.

**FOR YOUR RIGHTS**

**PLUS:** Jason Schwartzman vs. Jason Biggs: Who would win in a fight?

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# Don't Let Your Neck Reveal Your Age: 7 New Creams That Work

Birdie.com

You've heard the warning before: Don't forget your neck! And yet, we do. We slather on our expensive serums, our overnight masks, our hydrating oils, but leave our neck as an afterthought, only treating it to whatever is left over from our precious visage. But lately, there's been a shift in the skincare world, with a whole new crop of products targeted *specifically* to tighten and tone your neck area. Are they worth the extra splurge? What ingredients should we look for? Is it all just clever marketing? We asked two dermatologists and a plastic surgeon—**Dr. Rebecca Baxt**, Dr. Joshua Zeichner, and Dr. John Diaz—for the unfiltered truth. Keep scrolling to find out what they said!

## THE WHY

- First up, we had to ask: Why are so many brands releasing neck creams *now*? “Where there is a need, there will always be products to try to fill that need,” Baxt says. “Some women will take good care of their face, but will look 20 years older from the neck down.” Zeichner notes that separate creams may also be necessary because the skin on the neck is thin, sensitive, and frequently shows signs of sagging, redness, and pigmentation. Diaz agrees, saying that products specifically formulated for the neck and chest tend to be gentler than their face counterparts. “This is because the skin on the neck is slightly thinner than on the face and has less naturally occurring oils,” says Diaz. “This makes it more prone to redness and irritation.”

## KEY INGREDIENTS

- When it comes to effective neck creams, you should look for ones with ingredients that stimulate collagen production, while protecting skin. Diaz recommends retinol (available over the counter) and tretinoin (found in Rx products like Renova), both vitamin A derivatives that help stimulate collagen. “They can even reverse some of the fine lines and wrinkles on your neck,” he says. To protect the delicate skin on your neck from free radicals and damage, look for brightening ingredients like vitamins C and E. As for hydration, hyaluronic acid will help your skin retain moisture, which should diminish your neck's crepe-y appearance. Diaz also recommends looking for various peptides in the ingredients list: “They're proteins that are essential to your skin's growth and repair,” he says. “Using them provides your skin with the building blocks it needs to restore its youthful appearance.”

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## DO THEY REALLY WORK?

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• Sure, these ingredients may tighten and tone temporarily, but will consistent use of a neck cream have any long-term benefits? The verdict is mixed. “Long-lasting results can be achieved only with consistent daily use and care,” Diaz says. “This is because your skin cells have a cycle of growth and renewal which takes a minimum of four weeks. Several cycles of renewal must be completed for a total transformation.”

Zeichner agrees that diligence is key, and that there’s no “instant fix.” Of course, even daily, long-term use probably won’t deliver the same results as a more intense in-office procedure.

If your goal is to really lift or firm loose skin on the neck, then a laser, ultrasound procedure, or plastic surgery is usually required, says Baxt. However, she adds that creams with retinoids or glycolic acids will reduce the appearance of wrinkles, and hydrating ingredients can smooth the surface so lines appear less noticeable.

**Keep scrolling to shop seven neck-firming creams!**

• 1 of 7

### **Clinique Repairwear Sculpting Night Cream (\$65)**

This new night cream from Clinique contains a potent cocktail of eight anti-aging ingredients that kick into gear while your skin cells regenerate while you sleep. The cream goes on silky-smooth and sinks in immediately, and a tighter jawline and wrinkle reduction are promised after 8 weeks.

• 2 of 7

### **Honor M.D. Firm Neck and Décolletage Cream (\$75)**

Dr. Diaz’s new line features products with cutting-edge and scientifically proven ingredients for better skin, and this neck cream is no different. Made with anti-aging peptides, botanical extracts, and hydrating oils, it promises to decrease wrinkles and improve your skin’s tone and texture.

• 3 of 7

### **StriVectin Tightening Neck Serum Roller (\$89)**

We’re suckers for ergonomic packaging, and the roller tip applicator on StriVectin’s latest neck-focused launch caught our attention immediately. Made with the brand’s NIA-114 technology, the formula is designed to strengthen the skin barrier and help it retain moisture, while the roller tip increases circulation and helps sculpt.

• 4 of 7

### **Tarte Maracuja Neck Treatment (\$49)**

Fans of Tarte’s Maracuja line now have another goodie to get their hands on. Made with the brand’s signature Maracuja blend for brightening and smoothing, sodium hyaluronate for hydrating, and algae extract for repairing, the paraben-free formula is designed to promote cell regeneration and skin elasticity.

- 5 of 7

**Algenist Firming & Lifting Neck Cream (\$98)**

Made with the brand's signature aluronic acid and a rich protein and peptide blend, this neck cream firms, tightens, and hydrates—all without irritation. Within 10 days of using it, *100%* of study participants saw a younger-looking neck and chest area, while 94% saw minimized lines and wrinkles.

- 6 of 7

**Perricone MD Cod Plasma Sub-D (\$135)**

One of the first creams formulated specifically for the delicate neck area, this cult-favorite cream from Perricone MD features the brand's Cold Plasma technology to deliver powerful ingredients straight to your neck area so you can immediately see results. In a clinical study, 82 percent of participants said the appearance of their chin and jawline was more toned, tight, and firm.

- 7 of 7

**Tarte Maracuja Neck Treatment (\$49)**

Fans of Tarte's Maracuja line now have another goodie to get their hands on. Made with the brand's signature Maracuja blend for brightening and smoothing, sodium hyaluronate for hydrating, and algae extract for repairing, the paraben-free formula is designed to promote cell regeneration and skin elasticity.

## Stop popping pills! The hair, skin and nails vitamins you need to avoid

[www.stylelist.com](http://www.stylelist.com)

Spring has sprung, which means summer-that sun-filled time of year when we bare our skin, show off our pedicures and think of inventive new updos for our hair-is just around the corner. Gone are the hats, gloves and trousers of March, and we're starting to feel that we may not be ready for the exposure. Given the circumstances, it's tempting to cut out the culinary middleman and reach for those hair, skin and nails vitamins.

However, if you're popping pills to support the health of your integumentary system, you may be doing it wrong. Let's talk prenatal vitamins, for starters. You've probably heard the rumors that taking these supplements, even when you're not pregnant or trying to conceive, can do wonders for your mane, make your skin glow and strengthen your nails. Perhaps, thinking back to how great your pregnancy hair looked, you've invested in a bottle. However, before you buy into this beauty myth, beware what the experts have to say on the matter.

"You may be tempted to take prenatal vitamins because of unproven claims that they promote thicker hair and stronger nails," said *Mayo Clinic* nutritionist Katherine Zeratsky. "While prenatal vitamins are generally safe for healthy adults, they may not be suitable if you're not pregnant and not planning to become pregnant." If you have a vitamin B-12 deficiency, however, taking prenatal vitamins could result in delayed diagnosis-and treatment-of your condition due to the pills' high folate content. (Folic acid masks the signs of B-12 deficiency.)

Furthermore, according to the *Mayo Clinic*, "During pregnancy, the recommended intake of iron is 27 milligrams (mg) a day. Women between the ages of 19 and 50 who aren't pregnant need only 18 mg a day, and women age 51 and older and all adult men need only 8 mg a day." The average prenatal vitamin contains far more iron than the average woman needs. A surplus of iron can be toxic to the body, causing constipation, nausea, vomiting, and in extreme cases, death.

**What about biotin, you ask?** As you've strolled the aisles of GNC you've probably seen bottles of the stuff claiming to promote "healthy hair and strong nails." These purported benefits are based on the belief that biotin improves keratin's (the basic protein that comprises hair, skin and nails) infrastructure. However, according to **board-certified dermatologist Dr. Susan Stuart**, "These B complex vitamins (also known as vitamin H) are important in metabolism, helping your body to process energy and transporting carbon dioxide from your body's cells." Biotin's beauty benefits, on the other hand, have yet to be proven.

To top it off, biotin occurs naturally in many foods. Our bodies automatically recycle the biotin we've already processed. Actual biotin deficiency is very, very rare. Biotin overdose (which is also rather uncommon) can result in "slower release of insulin, skin rashes, lower vitamin C and B6 levels and high blood sugar levels," according to Stuart. Long story short, the biotin you intake naturally (if you follow a healthy diet) is more than sufficient, so don't waste your hard-earned cash on urban beauty legends.

The smartest way to nourish your hair, skin and nails is to follow a diet full of vitamins E, A, C and B, minerals like zinc and iron, and more.

# Prevention®

[www.Prevention.com](http://www.Prevention.com)

## 5 Ways To Fight Wrinkles...With Roses?

Powerful beauty products that make the most of inflammation-fighting roses



The latest in younger-looking skin is coming up roses. That's because rose hip and rose oils contain high levels of vitamin A, which increase skin-cell turnover and reduce wrinkles, and vitamin C, which helps even skin tone. "The molecules in rose oils are small, so they pass into the skin easily, delivering the active ingredients where it matters: the dermis," says **Susan Stuart, MD, a board-certified dermatologist and**

**founder of La Jolla Dermatology in La Jolla, California.**

Bonus: in aromatherapy, rose oils are used to evoke sensuality and passion, meaning your rose products just may add a little extra spring to your step.

Check out five products that make the most of anti-inflammatory rose power.

"The most effective form of rose oil is in moisturizing products that leave your skin instantly glowing without feeling overly oily," says **Dr. Stuart.**

"Rose water toners help rejuvenate the skin as a natural toner and astringent," says **Dr. Stuart.**





REFINERY29

[www.refinery29.com](http://www.refinery29.com)

## Are You Making Your Skin Freak Out?

Now that you're out of the shower in record time, your first move should be to lotion (or oil) up — this goes for after you cleanse your face (at the sink), too. "After a hot shower, you have three minutes before your body loses its essential moisture," Dr. Nussbaum explains. Looks like you've got to be speedy if you want to capitalize on the ideal moisturizing moment.

**Dermatologist Rebecca Baxt, MD, agrees. "Even if you are using mild soap, it strips the natural oils off the surface of the skin," she says. "So many people do not moisturize when they get out and the skin starts to get dry and crack, especially the lower legs and feet."**

Try storing your product of choice in your shower and applying it all over while your skin is still damp to really lock in the moisture. It can take your face wash's place on your shower caddy!

The importance of wearing sunscreen has been drilled into our heads time and time again. But, just slathering up once a day or before you hit the beach won't cut it. Dr. Baxt informs us that **sunscreen really only lasts one to two hours, so we should be reapplying every hour if in the water and every two if not — even when not in the direct sun. What if you're by a window? "If you see the light of day when you are at work, then this daylight is also seeing your skin and causing unnecessary exposure that contributes to aging," says Dr. Baxt.**

God Bless America

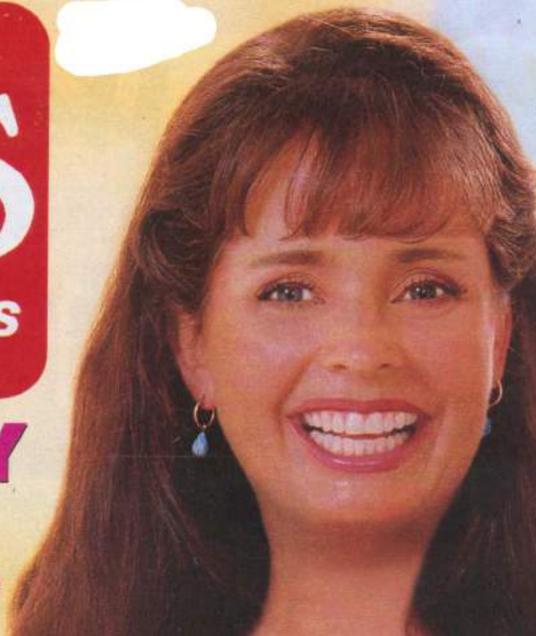
# Woman's World

THE WOMAN'S WEEKLY

The vitamin that will make you **SLIM**

Easy, delicious **Pasta dinners**

Aimee lost **2 sizes!**



**GET SUPER-HEALTHY and ENERGIZED!**  
Brand-new herbal miracle

Do an...  
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Lie o...  
Natural...  
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The fru...  
Cure yo

AMAZING CURE!  
**A CIA pro healed Judy's little boy when doctors couldn't!**

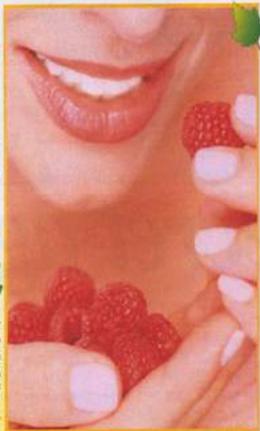
## Your Good Looks

*Fall's hottest antiaging treatments are getting their punch from a surprising place: Mother Nature! Why? New research is proving that natural ingredients—from papaya to honey and raspberries—are full of age-defying properties that can erase fine lines, reverse sun damage, perfect your complexion and more! Here's how Mother Nature can make you look years younger!*



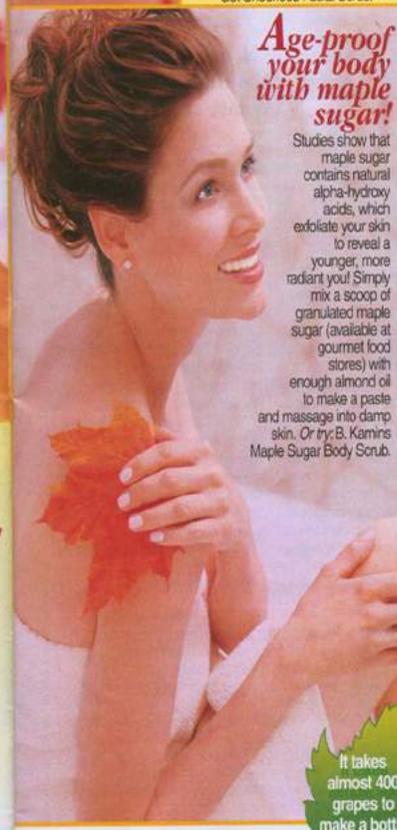
### Firm up skin with pumpkin!

Pumpkin is rich in retinol (Vitamin A), proven to boost collagen production and make skin look firm. In fact, studies show it even repairs collagen that has been damaged by the sun, says David Goldberg, M.D., author of *Light Years Younger*. Find it in: Zia Natural Skincare Pumpkin Exfoliating Mask.



### Fight wrinkles with raspberries!

Raspberries are full of ellagitannins—compounds your body converts into skin-firming ellagic acids, which reduce the appearance of wrinkles by up to 25%, says Dr. Goldberg. Eat 1 cup of raspberries daily or try Freeman Get Sheerous Facial Scrub.



### Age-proof your body with maple sugar!

Studies show that maple sugar contains natural alpha-hydroxy acids, which exfoliate your skin to reveal a younger, more radiant you! Simply mix a scoop of granulated maple sugar (available at gourmet food stores) with enough almond oil to make a paste and massage into damp skin. Or try: B. Kamins Maple Sugar Body Scrub.

### Fight free-radicals with pomegranate!

Pomegranate contains polyphenols, powerful antioxidants proven to protect skin from wrinkle-causing free radicals, says Dr. Goldberg. Try washing with a pomegranate-infused cleanser such as Avon beComing Foaming Face Wash.



### Erase bags and circles with grape seed!

Grape seeds are loaded with antioxidants that act as anti-inflammatories, reducing swelling and dark circles by up to 30%, says Dr. Goldberg. Find them in: Caudalie Eye Contour Cream.

It takes almost 400 grapes to make a bottle of wine!

RESEARCH!  
PLE  
ETS



ERT  
**your kids this Friday!**

How to be super-safe this Friday!



## **Cribb: It's hard being green (and doesn't taste so good)**

If food preferences could be expressed as a philosophical position, modern man would be firmly pro-oxidant.

We are steadfastly committed to the principle of dousing our innards in fast food special sauces, processed chemistry experiment residues and Saturday night beer and wings.

We snub antioxidant-preaching tofu munchers a bit the way our war veteran grandfathers scoffed at hippies and NDPers.

We stand together in the belief that tofu tastes like phlegm, vegetarianism is a form of communism and democracy affords us the right to find personal happiness in the sloppiest steak sandwich possible.

The thing is, denying growing scientific evidence of our gender's nutritional short-sightedness places us in the same intellectually challenged constituency as global warming deniers.

Here are the undeniable facts: the McGreasy runoff we're ingesting everyday is carving out internal devastation on a human scale with the Alberta oilsands.

"The male diet differs from that of a woman in that it tends to be much higher in carbohydrates, fats, and sugar," says **Dr. Susan Stuart, a San Diego physician** who speaks for the antioxidant side.

"If men feel overweight they tend to exercise more to lose weight versus change their eating habits."

Translation: we'll begrudgingly do a few pushups as long as you keep the deep-fried cheese sticks coming.

Men also tend to binge drink more than women, eat fewer fruits and vegetables and consume more red meat and barbecued meats, says <http://harvard.academia.edu/EricDing> Dr. Eric Ding, a Harvard University nutritionist and epidemiologist who also stands on the "anti" side of the oxidant issue.

"Red and processed meat is shown to cause heart disease, diabetes and colon cancer. Moreover, grilled meats create heterocyclic amines that may cause cancer."

A hint of the impact left by the horrors we shove down our throats was presented to me over the past few months in a series of digital readings from a device called a <http://www.pharmanexmd.com/> BioPhotonic Scanner.

The toaster-sized device was developed by Pharmanex, a U.S.-based firm more popularly associated with the skin care brand NuSkin.

The scanner measures carotenoid antioxidant levels in your skin — the stuff that turns fruits and vegetables yellow, red and orange.

In our bodies, it creates reinforcements against free radicals, a romantically revolutionary phrase that summons sympathy until you understand how they're seriously screwing us over.

Place your palm on the scanner's small blue light for a few moments and the device spits out a score. The higher the score, the more antioxidantized you are. (Personal scanning appointments are available in Toronto for \$20 through NuSkin distributor Scott Kearns, [scottykearns@gmail.com](mailto:scottykearns@gmail.com).)

In North America, most of us generate scores in the dreaded red and orange zones at the bottom of the scale.

When I was first measured in July, I was better than most, logging a 41,000 score in the second-tier green zone. Not bad. But not great.

# WeightWatchers



## KEEP COOL KEEP

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## BE RE

### Varicose Veins

➔ **WEIGHTY ISSUE?** Carrying extra weight can play a role in the development of varicose veins, which affect 25 million women and can cause legs to ache, swell, throb, and cramp. "The extra pounds increase pressure within veins, and that can cause fluid buildup," says M. Akram Khan, MD, a cardiologist in McKinney, Texas. Ironically, though, if you lose weight, varicose veins that were hidden between fat layers under skin might surface.

➔ **OTC REMEDY** Wear compression stockings during the day; they squeeze legs, increasing blood flow and reducing pain. Another quick (and cheap) cosmetic fix? Body makeup, such as DermaBlend Leg & Body Cover \$25, DERMABLEND.COM.

➔ **SKIN Rx** Most varicose veins can be treated in less than an hour at your doctor's office with a minimally invasive procedure called endovenous ablation. It is typically covered by insurance but costs around \$2,500 if you're uninsured.

**Don't Fear Spiders** Thin, squiggly spider veins are dilated blood vessels. Sclerotherapy, a popular treatment option, runs \$100 to \$400 per session; two to six sessions are usually required for the best results.

### Stretch Marks

➔ **WEIGHTY ISSUE?** Gaining and losing weight can cause skin tissue to be damaged, resulting in stretch marks, a type of scarring. Hormonal shifts also play a role. "These changes may be linked to weight gain, weight loss, pregnancy, and puberty," says Susan M. Stuart, MD, medical director of La Jolla Dermatology in San Diego, CA.

➔ **OTC REMEDY** The key is to treat stretch marks within two years of their appearance. Researchers have found that cocoa butter may not be as effective in minimizing new stretch marks as initially believed. Instead, apply a cream with peptides, such as StriVectin-SD Intensive Concentrate for Stretch Marks & Wrinkles \$135, SEPHORA.COM.

➔ **SKIN Rx** Laser treatment sessions can reduce the redness of new stretch marks. Erasing older, more stubborn ones may require microdermabrasion and laser treatments. Expect to spend \$1,500 or more, depending on the size of your marks. [ww](#)

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\$3.



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## Beauty myths busted! Some 'miracle' ingredients are just false hope in a jar - FEMAIL separates the skincare heroes from the zeroes

Dailymail.co.uk

Thousands of beauty products tout 'miracle' ingredients, such as caffeine, Vitamin C, and collagen, which promise to lift, tone and reverse signs of aging.

But how do you know which ingredients really work (the heroes) and which ones are pure myths (the zeroes)? **Dermatologist Dr. Rebecca Baxt** said that while there are no products that give results akin to dermal fillers, Botox, lasers, or cosmetic surgery, she says some ingredients do work better than others.

'There are anti-aging products or ingredients that do perform significantly better than others and can make a profound difference in the skin's appearance, while others are simply "false hope in a jar,"' she said.

Scroll down for video

### THE HEROES



© Getty Images/PhotoAlto

Sunscreen SPF 30 or above is the best anti-aging cream you can use, says Dr Baxt

Sunscreen SPF 30

Sunscreen SPF 30 or above is the best anti-aging cream you can use, says Dr Baxt.

'It prevents skin cancer as well as UVA rays that cause loss of collagen and wrinkles in the skin. My favorite powder sunblock is Colorescience, and my favorite base sunscreens have titanium or zinc oxide in them as active ingredients.'

Retinoids

Retinoids reduce fine lines and wrinkles and help boost collagen production, explains Dr Baxt.

'Over the counter retinols are good, Neutrogena makes a good one, or prescriptions such as Retin-A,' she added.

Glycolic Acid

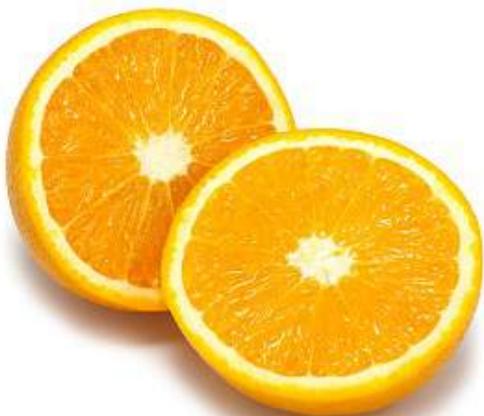
Glycolic Acid also reduces fine lines and wrinkles and helps fade pigmentary damage from the sun.

'I often have patients alternate nights with retinoid and glycolic,' says Dr Baxt.

Ceramides

A type of lipid found in the membrane of cells, Dr Baxt explains that they 'help hold skin cells together, forming a protective layer that plumps the skin and retains moisture.'

'Ceramide levels decrease as we age which leads to loss of hydration, less skin turnover and dryer, more damaged skin. Replenishing the skin's ceramide levels will help restore moisture and fortify the skin's natural barrier, helping skin look and feel younger.'



© Alamy

She suggests using a moisturizer containing ceramide for your whole body daily.

Vitamin C, an antioxidant, reduces free radical damage and helps brighten the skin

Vitamin C

This antioxidant reduces free radical damage and helps brighten the skin.

Dr Baxt recommends applying it in the morning, underneath sunblock, or at night if patients are too sensitive to tolerate retinoids and glycolic acid.

Hydroquinone

Hydroquinone works to even out sun spots, blotches, and mottled skin.

A little hydroquinone goes a long way, says Dr Braxt, who believes it is ;the most effective ingredient for bleaching skin.'

Hydroquinone fades hyperpigmentation by blocking the enzyme that triggers melanin production in the skin.

Green Tea Extract



© Alamy

Ingredients in green tea can reduce sun damage and may protect against skin cancer

Loaded with nutrients called polyphenols, which have been shown to fight free radicals, studies have found that ingredients in green tea can reduce sun damage and may protect against skin cancer when applied topically. Dr Baxt offers that, 'Using green tea extract under sunscreen can provide an extra dose of protection. Polyphenols in creams and lotions may help slow signs of aging, reduce sagging skin and decrease wrinkles.'

THE ZEROES:

The majority of anti-aging creams are still based on moisturizers such as mineral oil.

Wrinkles look worse when they are dry, so any kind of moisturizer helps, but it's only temporary and doesn't

address the root cause of the wrinkles, such as collagen loss, free radical damage, sun damage and environmental factors.

Don't be fooled by the anti-aging labels. Unless there is an actual 'active ingredient' such as retinol, the benefit is just moisture but nothing else.

B Vitamins



Vitamin B can only be absorbed in the small intestine, so a moisturizer isn't not going to work

Many forms of Vitamin B (like B12) can only be absorbed in the small intestine, so no matter how much is loaded into your moisturizer or serum, it's not going to make a difference.

'Vitamins like niacin can have an effect on the skin's texture and color, but your skin can't absorb them,' Dr Baxt explains.

If you really want to tap into the power of vitamin B to improve your skin's glow and appearance, stick to eating leafy greens like spinach, asparagus, beans, and peas -- or Marmite, which is also loaded with B Vitamins.

### Botanical extracts

Ingredients extracted from plants (flowers, roots, stems, trees, etc.) for use in skin care can help everything from healing blemishes to reducing fine wrinkles.

They have been used for centuries and have anecdotal purposes in many cultures. The issue: Botanical extracts need to remain on your skin in order to work.

'In cleansers, there is simply not enough contact time on your skin for any true anti-aging benefit to take place,' says Dr Baxt.

'Another issue is that most botanical extracts are water soluble, which means that the moment you wet your skin and begin to wash your face, they're watered down and rendered useless.'

### Caffeine



'Caffeine can temporarily reduce puffiness, but don't expect permanent results,' says Dr Baxt

Much like a Starbucks Latte for your brain, caffeine in skin creams can give a boost to your skin, too... until it wears off.

'Caffeine can temporarily reduce puffiness, especially around your eyes,' explains Dr Baxt. 'But don't expect permanent results.'

### Collagen

Collagen and elastin in skin-care products can serve as good water-binding agents, but they cannot fuse with

your skin's natural supply of these supportive elements.

In most cases, the collagen molecule is too large to penetrate into the skin.

But even when it is made small enough to be absorbed, it cannot bind with the collagen existing in skin, and there isn't any research indicating otherwise.

# The Super-Sneaky Ways the Sun Is Getting to You

Shape.com



The days spent at the beach without continuously lathering up (or spraying) your bod in sunscreen are over—at least, they better be! The importance of wearing SPF to protect ourselves from harmful rays, and keep wrinkles and premature aging at bay, has been drilled into our brains ('cause it's true!).

But, as it so often happens with healthy habits, once you adopt one, you find out ways you can be doing it even better. You may see what we're getting at here: You need to wear sunscreen a whole lot more often than you probably do—every day, in fact.

Those rays have devious ways of getting to your skin when you'd never expect it, even covered up! (Yes, even indoors.) Read on to discover all the sneaky ways the sun may be getting to your skin.

## At Work

You're indoors all day at the computer (probably wishing you were feeling the sun outside), so you're certainly not leaving the office with a tan. But, what you can't see can hurt you—especially if you're next to a window.

You see, the sun gives off two types of rays: UVA and UVB. **Rebecca Baxt, M.D., a New York City dermatologist**, explains that UVB rays are the ones responsible for giving the skin a tan or sunburn. They are strongest from 10 a.m. to 4 p.m., less severe in the winter, and do not penetrate through glass. UVA rays are a whole different story. "They are responsible for changing the DNA in the skin, causing premature skin aging and skin cancer," explains Baxt. "UVA rays are approximately the same strength from summer to winter and can penetrate through windows. Simply put, these are the true damaging rays."

## On a Cloudy Day

Don't be fooled by cloud cover—you can get just as roasted on a foggy day as one with obvious sun. Probably, even more so, since you are less likely to put on SPF. "If you are working, playing, or swimming outside on a cloudy day, do not forget that sunscreen," warns Baxt. "The clouds can give you a sense of security, but you can still be burned on a day with no visible sun." Plus, those UVA rays we were just talking about can not only go through glass, but cloud coverage, too.

## On a Plane

Unless they're treated with special solar filters, those damaging UVA rays can also sneak through airplane windows, says David Colbert, M.D.. They may be small, but at 20,000 feet you are a lot closer to the sun, thus getting a much higher dose. So, if you opt for the window seat for your next flight, apply a layer of sunscreen before you take off just to be safe. [Head to [Refinery29](#) for the full story!]

# Parents

Cover  
Model  
Contest  
Inside

The Best Way To  
Get Your  
Baby On A  
Schedule

DUMP THE JUNK  
Healthy Snacks  
Kids Love

15 Places  
Moms Can Find  
Extra Cash

Disagree About  
Discipline?

How Moms & Dads  
Can Work It Out

Good Morning!  
9 Bright Ways  
To Start Your  
Kids' Day

## SIMPLE BEAUTY

Q&A

What is  
it with  
night

creams—why can't  
I just use my a.m.  
formula before  
bedtime?

"During the day, your skin is hard at work combating environmental stressors," says David J. Goldberg, M.D., a dermatologist and director of Skin Laser & Surgery Specialists of New York and New Jersey. "At night, while you sleep, it renews and repairs itself." The i.m. is also when your skin is most receptive to absorbing nutrients. This makes it a prime time to apply a treatment cream, since night creams are more concentrated and contain higher doses of active ingredients. Nighttime wonders to try:

- Vaseline Intensive Care Nightly Body Renewal Lotion, \$6.50.
- Olay Regenerist Continuous Night Recovery, \$19.
- Nivea Restorative Night Hand Creme, \$5.
- Dr. Schol's Pedicure Essentials Ultra Overnight Foot Cream, \$6.50.

10  
Loving  
Lessons  
To Teach  
A Baby

Signs That  
A Cough Is  
Something  
Worse

Should Babies  
Watch TV?

## The Super-Sneaky Ways The Sun Is Getting To You

Yahoo.com/health



*(Illustration: Anna Sudit)*

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*(Illustration: Anna Sudit)*

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*(Illustration: Anna Sudit)*

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*(Illustration: Anna Sudit)*

### **In Your Car**

Even more so than on a plane, it's important to be cautious in the car. Many of us drive with our arms rested out the window, and even if not, those rays are still getting in there. "There are many cases each year of people who get melanoma on their left forearm because they rested it in the sun," says Dr. Baxt. "This is an even bigger concern for those who drive frequently." So, next time you're stuck in traffic, take that downtime to lather on a little SPF.



*(Illustration: Anna Sudit)*

### **Through Your Clothes**

Even if you're the one who always throws a beach cover-up over your bathing suit, the sun may still be getting to your skin if you're not properly protected. The SPF of clothing varies from about a 4 with looser knit fabric to about a 12. We're not suggesting you wear denim to the beach, but you can create more protection if you choose vivid colors. Who doesn't love a bright caftan poolside, anyway?



*(Illustration: Anna Sudit)*

### **In The Water**

If you're in the direct sun, Dr. Baxt recommends reapplying your sunscreen every two hours. But, if you're jumping in the ocean waves or dipping in and out of a pool, you need to reapply every hour — even if you're using waterproof sunscreen. If you're *on* water — you know, boats, jet skis, paddle boards — be aware that you're getting reflected light from its surface. For you surfers, always wear a rash guard. They protect you from irritation *and* from the sun.



*(Illustration: Anna Sudit)*

### **Through Your Sunscreen**

"You may think that you are protecting your skin by slathering on that sunscreen, but you need to take a few precautions to make sure you get the protection you need," says Dr. Baxt. "Only a sunscreen labeled 'broad-spectrum' protects you from both UVA and UVB rays." The SPF factor makes a difference, too. You might opt for 15 thinking you still want to get a tan, but with that you will absorb more UVB rays. "A sunscreen with an SPF of 50 protects you from 98% of the UVB rays, while one with an SPF of 15 only blocks 93% of those same rays," explains Dr. Baxt.



*(Illustration: Anna Sudit)*

### **On Your Scalp**

You've got the right SPF, you're applying it often enough, but are you getting it on all the right places? Melanoma is often found on the scalp, so be sure to put a little sunscreen onto the line of your part. Plus, a sunburn on your head is no fun.

*By Megan Cahn*

## Can Drinking Water Take 10 Years Off Your Face and Body?

modernsalon.com

Almost everyone has heard of the legendary Fountain of Youth, a spring that supposedly restores the youth of anyone who drinks or bathes in its waters. And, it may be as simple as that -- water may be the key to better looking skin and a properly functioning body.

As an esthetician or makeup artist you are probably used to examining people's faces on a daily basis. If your client comes to you asking what they can do to have better looking skin, you may want to recommend "drinking more water" along with a "prescription" of skincare products and proper makeup.

It's as simple as this, says **Dr. Susan Stuart, a board certified La Jolla, California dermatologist:**

"Skin cells are made up of water. Without water, our organs (including your skin) cannot function properly. When your body is not getting sufficient amounts of water it's taken from other places in the body to aid against dehydration. (Do you see sunken skin? You could be suffering from dehydration).

"Unfortunately, we are not plants and do not revive almost instantly when drinking water. Water is ingested and will reach all the other organs before it reaches the skin. Therefore, it is important to make sure you are drinking enough water to satisfy your body's needs."

Dr. Stuart tells us what drinking water can do for our skin.

### ***Make You Look Younger***

Drinking water is a natural, simple and cheap anti-aging secret. Dr. Stuart says, "Water replenishes skin tissue, which keeps it from drying out. Dry skin causes less elasticity, making the skin more prone to wrinkles. A lack of hydration in skin will also result in more redness and dark spots. So remember to stay hydrated to keep those wrinkles from appearing sooner than later."

### **Reduce Acne & Breakouts**

A major benefit of drinking water is that it flushes out toxins from the body. Toxins in our bodies can cause our pores to clog and our skin to become dull and oily. This can lead to a breakout of pimples, white and black heads, and blemishes. Dr. Stuart adds that, "While water is not the cure to all acne problems, it can sure help. The elimination of toxins and waste products can in fact result in healthier clearer skin."

# INTOUCH

bodynews

## WHAT HAPPENED TO THEIR HANDS?!

Wrinkles, veins and cracks ... oh, my! These stars' hands are aging faster than the rest of their bodies



**◀SHE'S SO VEIN**  
Madonna has "low body fat, creating a veiny, tendony look to her hands and forearms," says Philadelphia plastic surgeon Dr. Lyle Back. She seems to know her hands make her look older: She often wears gloves!

REAL AGE  
**56**  
HANDS AGE  
**63**

### TOO MUCH SUN

Katie Holmes, 36, says she wears sunscreen every day, but it seems she missed two spots: her hands! "You should moisturize and use sunblock on the back of your hands every day," advises Dr. Luis Navarro, medical director of the Vein Treatment Center in NYC.

REAL AGE  
**36**  
HANDS AGE  
**45**



REAL AGE  
**50**  
HANDS AGE  
**60**

### FILL HER UP!

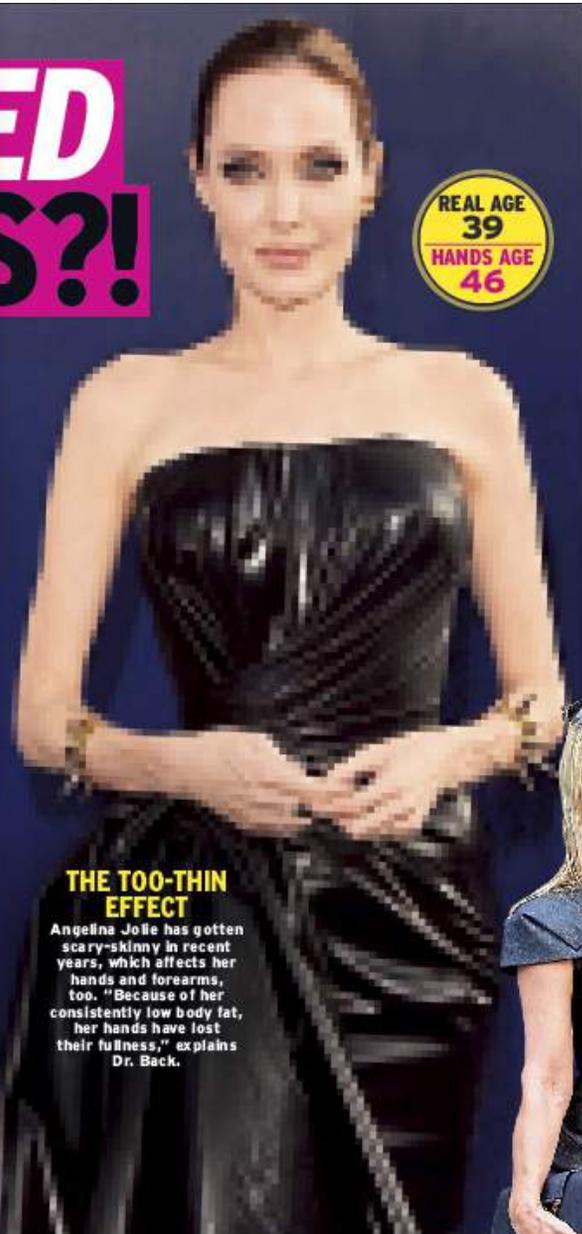
Plastic surgery-obsessed Kris Jenner seems to have forgotten one body part. "A face-lift turned the clock back for her face," says Dr. Back, "but fat injections would really help her wrinkled hands."

REAL AGE  
**59**  
HANDS AGE  
**67**



### ◀BULGING VESSELS

"I love my hands," defends Sarah Jessica Parker, adding that they've always been "super veiny." The star has no plans to go under the knife, but NYC-based plastic surgeon Dr. Norman Rowe says hand rejuvenation surgeries - like hand lifts and fat transfers - are gaining popularity: "I perform between five and 10 a week."



REAL AGE  
**39**  
HANDS AGE  
**46**

### THE TOO-THIN EFFECT

Angelina Jolie has gotten scary-skinny in recent years, which affects her hands and forearms, too. "Because of her consistently low body fat, her hands have lost their fullness," explains Dr. Back.



### CRACKED OUT

"Dry skin appears to be the issue here," explains New Jersey-based dermatologist Dr. Rebecca Baxt of Chloe Sevigny's overly wrinkled fingers. The doc's advice for the *American Horror Story* star? "Moisturize like crazy."

REAL AGE  
**40**  
HANDS AGE  
**65**

### ONE SMALL FLAW

Kirstie Alley looks amazing at 64 - for the most part. "Women tend to take better care of their faces," says Dr. Baxt, "then have accelerated aging in the hands or chest area due to neglect."



REAL AGE  
**64**  
HANDS AGE  
**70**

## Skin-Safety Tips for Travelers

Thirddage.com



As spring heads toward summer, many of us will be traveling for vacation, and we want to arrive looking our best. Here, some must-know skin travel tips from **Dr. Rebecca Baxt, a New York and New Jersey-based board-certified dermatologist.**

### The Plane Truth

The re-circulated air on planes is five times drier than the desert, and the lack of humidity causes loss of moisturizer. The air inside the cabin of a plane usually has a humidity level of 10 to 20 percent — much lower than a comfortable typical indoor humidity of 30 to 65 percent. As a result, your skin is desperately in need of moisture.

“Most people realize that flying can cause skin to dry out and breakout, but they may not know why,” says Baxt. “Whenever the environment is moisture-free, as it is with recirculated air in a plane cabin, the air actually draws moisture from wherever it can, including the skin. Dry skin will tend to get drier and oily skin will get even oilier to compensate for dehydration.” Baxt recommends the following travel itinerary for your skin whether you're taking a quick weekend getaway or going for the long haul.

*Don't Drink Alcohol on the Plane.* “Alcohol is very dehydrating. While it may help to relax you if you're nervous about flying, the effect of alcohol will be dry skin,” Baxt says. “Drink water, and read a magazine or book or bring along your iPod. Having something to distract you will help you as much, if not more, than a glass of wine. If you just can't pass it up, drink lots of water afterward.”

*Bring a Hydrating Mist for In-Flight Treatment.* A hydrating mist is perfect for in flight application. Dr. Baxt recommends spraying a couple of pumps onto your face for instant hydration. It also feels great and helps cool you down if you're on a warm airplane.

*Skip the Salty Snacks.* Airplane food isn't very skin-friendly. “While peanuts and pretzels may look delicious, salt can cause swelling,” Baxt warns. “Instead, snack on fruits and vegetables like carrots and apples, which are filled with water.”

*It's Time to Takeoff...Your Makeup!* If you wear makeup, keep it to a minimum on the flight. “Airplane air is dry and can exacerbate your makeup's drying-out effects on your skin which can lead to breakouts and your pores becoming clogged on the flight,” says Baxt. “Opt for tinted moisturizer if you cannot bear not having any makeup on; and use lip balm in lieu of lipstick. Because the cabin air is dry, lips tends to feel a little dryer while on the flight.”

*De-Puff Eyes.* Jet lag always shows through your skin but mostly in the eyes. Lack of sleep due to possible time changes can have you looking sleepy and puffy. Don't forget to stash an eye cream that contains caffeine for that quick “pick-me-up” if needed. Another option? “Carry green tea bags with you on the plane,” says Baxt. “A half hour before landing, ask the flight attendant for hot water

and soak a few minutes. Add ice to cool down the bags, and apply cool green tea bags to your eyelids before landing. The green tea has antioxidants and anti-inflammatories to decrease puffiness so you'll look your best when you land."

### **Your Travel Beauty Bag: What to Pack**

With the ever-changing airline baggage regulations and costly baggage fees, it's important to have a checklist of the essential skincare products you need when traveling. "If you're headed on a trip, you can't bring every makeup, skincare and hair care product from your bathroom," says Baxt. "Plan ahead and pack smart when traveling."

Pick and pack skin products based on the climate of your destination. "When going to a warm, humid destination, pay extra attention to exfoliation in order to reduce the dead skin cells trapped by excess moisture, and pack a cleanser with salicylic acid," Baxt says. And wherever you're going, remember one last tip: sunscreen should be the first thing you throw in your bag.

Be Wary of Hotel Beauty Products. People often break out when they're on vacation, because hotel products are typically made for people with normal to dry skin. In lieu of using hotel toiletries while traveling, consider packing a few key essentials in your travel beauty bag. "Hotel soaps can be very drying and overly scented," warns Dr. Baxt. "Beware if you have sensitive skin and remember to bring your own toiletries."

*Rebecca Baxt, MD, MBA, FAAD is a Board Certified Dermatologist specializing in both cosmetic and general dermatology for adults and children. She is an Assistant Clinical Professor of Dermatology at New York University, and practices both in Manhattan and in Paramus, New Jersey. For more information, visit [www.cosmedical.com](http://www.cosmedical.com).*



## Best deodorants for your sport

Never let them see you sweat? Get out of here with that! If you're not glistening, you're not working hard enough. But during a game or competition, the last things you want to worry about are pit stains or stink. That's where a good antiperspirant comes into play. Look for active ingredients that contain aluminum, such as aluminum chloride, aluminum zirconium trichlorohydrate glycine and aluminum hydroxybromide. "They should be at the beginning of the list of ingredients on the back of the product," said Dr. Susan Stuart, a dermatologist in San Diego. But stopping sweating and odor is just the baseline protection. Below, we've matched the latest pit sticks with different sports -- so find your game, then keep your cool.



**If you play ...** basketball, volleyball or other team sports on indoor courts

**Try:** Secret Natural Mineral (\$4.29)

**Why:** At close quarters, you really want a deodorant that works. This one contains calcium carbonate (yes, the same ingredient in calcium supplements and antacids), which works to help neutralize odor rather than just mask it.

**If you play ...** tennis, soccer or other sports with nice uniforms

**Try:** Lady Speed Stick Stainguard in Silky Chiffon (\$2.99)

**Why:** This sweat blocker is designed to fight yellow stains and white residue, which can ruin a crisp, clean uniform. How? The patent-pending Stain Defense technology includes a nifty gelling system that helps the antiperspirant/deodorant adhere to your skin, instead of rubbing off onto your top.

**If you do ...** Gymnastics, strength training or any sport that emphasizes your arms

**Try:** Dove Ultimate Go Sleeveless Antiperspirant/Deodorant (\$4.88)

**Why:** In addition to blocking sweat (and funk) for 24 hours, this stick prevents moisture loss and chafing; it's pumped with nourishing moisturizers, including vitamins E and F from sunflower oil.

**If you're a ...** Triathlete, marathoner, hiker, cyclist or long-haul athlete overall

**Try:** Suave 24-Hour Protection Invisible Solid in Cocoa Butter (\$3.99)

**Why:** If you're on the pavement for hours at a time, this stick might be your best odor-fighting bet. The concentration of its sweat-and-odor-fighting ingredient, aluminum tetrachlorohydrate GLY, is a whopping 18 percent (nearly the maximum allowed by the FDA in nonprescription formulas). Plus, the antiperspirant lasts all day.

**If you ...** Hike, rock climb, dance, ice-skate or stop and start during your activity

**Try:** Degree Motion Sense (\$5)

**Why:** While most antiperspirants are activated by sweat, this sci-fi-like one is activated by motion.

Microencapsulated fragrance technology releases a burst of protection when it senses movement. Deodorant with a brain. Works for us.

# Better Homes and Gardens®

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JUNE 2010 BHG.COM

**Fun Ideas  
for Casual  
Get-Togethers**

**Grill-Off!  
Celebrity  
Chefs Share  
Their Best**

**Fresh Ideas  
for Deck  
Decorating**

## health news

THE INFORMATION YOU NEED TO STAY WELL  
by GINA ROBERTS-GRAY

### cut your cancer risk

Getting enough vitamin E from almonds, sunflower seeds, mustard greens, spinach, peppers, and cooking oils may reduce the risk of bladder cancer by about 35%, says a new study published in the medical journal *Cancer Causes Control*. Women should get 15 mg per day of vitamin E; ¼ cup of almonds contains about 9 mg of vitamin E.

### FRESH STRAWBERRIES HAVE IT ALL

"They're an excellent source of vitamin C, folate, and dietary fiber, which all play key roles in heart health," says Jackie Newgent, a registered dietitian and author of the *Big Green Cookbook: Hundreds of Planet-Pleasing Recipes and Tips for a Luscious Low-Carbon Lifestyle* (Wiley).

One cup of strawberries has 50 calories; a dollop of low-fat non-dairy whipped topping adds only 10 more. If you go the extra mile and pick a pint or two yourself at a farm, you'll burn a few calories, too. You already know that strawberries are a great way to wake up a bowl of cereal, a cup of yogurt, or a morning smoothie. But try them with savory foods, too. For a surprising pop, toss strawberries into summer salads with balsamic vinegar and a drizzle of olive oil.

### SCRATCH THE ITCH

Pesky plants are one of the perils of the season, but they don't have to ruin your summer. Brushing up against poison ivy (or its cousins, oak and sumac) can provoke an exasperating, itchy rash on the skin. While there's no cure, you can ease the symptoms. Over-the-counter lotions from Aveeno, Benadryl, and Zanfel wash away the poisonous oil or soothe the itch with hydrocortisone or antihistamines, but the home remedies below can also help. "Less is more when it comes to treating poison ivy," says Susan Stuart, M.D., a La Jolla dermatologist and faculty member at the University of California San Diego. "Avoid soaps, scrubs, and abrasive cloths," she says, which could spread the rash. The rash usually dries up and fades away in a week or so.



#### OATMEAL

Make a small bowl of unflavored oatmeal and let cool to room temperature. Apply the paste to the rash and let dry. Rinse off with tepid water.

#### BAKING SODA

Mix 3 teaspoons of baking soda with 1 teaspoon of water to form a thick paste. Lightly apply the paste to the rash, and let it dry. Rinse off with tepid water.



#### ICE CUBES

Lightly rub an ice cube across the afflicted areas to cool the tissue and reduce the inflammation.



#### EPSOM SALT

Make a paste to use as a topical remedy or take a hot soak with salts added to the bath. Magnesium sulfate helps reduce swelling and draws moisture out of the rash.

# ocean



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## 10 Skin Care Ingredient No No's

oceanmagazine.com

As our body's largest organ, skin is the most important immune defense barrier as well as your largest organ for eliminating waste. Every day we use products that we think are safe but not all products are. Ever since 1938; when the FDA granted self-regulation to the cosmetics industry such products can be marketed without government approval of ingredients, regardless of what tests show. Most of the 25,000 chemicals used have not been tested for long-term toxic effects. In a typical day, you might be exposed to over 200 different chemicals, many of which are suspected of causing cancer or juggling hormones. EPA tests conclude that ingredients in shampoos, dyes, and other personal care products "may be playing havoc with hormones that control reproduction and development." **Dr. Susan Stuart is a La Jolla, California board certified dermatologist and the co-founder of La Jolla Plastic Surgery and dermatology.** She shares what skin care ingredients to steer clear of.

**1. Parabens:** Used in a variety of cosmetics as preservatives. Suspected endocrine disrupters and may interfere with male reproductive functions.

**2. Parfum (a.k.a. fragrance):** Any mixture of fragrance ingredients used in a variety of cosmetics — even in some products marketed as "unscented." Some fragrance ingredients can trigger allergies and asthma. Some linked to cancer and neurotoxicity.

**3. Alcohol, Isopropyl (SD-40):** a very drying and irritating solvent and dehydrator that strips your skin's moisture and natural immune barrier, making you more vulnerable to bacteria, molds and viruses. It is made from propylene, a petroleum derivative and is found in many skin and hair products, fragrance, antibacterial hand washes as well as shellac and antifreeze. It can act as a "carrier" accelerating the penetration of other harmful chemicals into your skin. It may promote brown spots and premature aging of skin. A Consumer's Dictionary of Cosmetic Ingredients says it may cause headaches, flushing, dizziness, mental depression, nausea, vomiting, narcosis, anesthesia, and coma. Fatal ingested dose is one ounce or less.

**4. DEA (diethanolamine), MEA (Monoethanolamine) & TEA (triethanolamine):** hormone-disrupting chemicals that can form cancer-causing nitrates and nitrosamines. These chemicals are already restricted in Europe due to known carcinogenic effects. In the United States however, they are still used despite the fact that Americans may be exposed to them 10–20 times per day with products such as shampoos, shaving creams and bubble baths.

**5. Mineral Oil:** petroleum by-product that coats the skin like plastic, clogging the pores. Interferes with skin's ability to eliminate toxins, promoting acne and other disorders. Slows down skin function and cell development, resulting in premature aging. Used in many products such as baby oil which is 100% mineral oil!

**6. Sunscreen chemicals:** These chemicals function as a sunscreen agent, to absorb ultraviolet light. These chemicals are endocrine disruptors and are believed to be easily absorbed into the body. They may also cause cellular damage and cancer in the body. Common names are benzophenone, PABA, avobenzone, homosalate and ethoxycinnmate. They can be found in sunscreen products.

**7. Talc:** Similar to asbestos in composition, it's found in baby powder, eye shadow, blush, deodorant. Linked to ovarian cancer and respiratory problems.

**8. Toluene:** Known to disrupt the immune and endocrine systems, and fetal development, it's used in nail and hair products. Often hidden under fragrance.

**9. Propylene glycol:** Propylene glycol is a small organic alcohol commonly used as a skin-conditioning agent. It's classified as a skin irritant and penetrator. It has been associated with causing dermatitis as well as hives in humans — these sensitization effects can be manifested at propylene glycol concentrations as low as 2 percent. It can be found in moisturizers, sunscreen, makeup products, conditioners, shampoo and hair sprays.

**10. Sodium Lauryl Sulfate (SLS) & Sodium Laureth Sulfate (SLES):** Detergents and surfactants that pose serious health threats. Used in car washes, garage floor cleaners and engine degreasers – and in 90% of personal-care products that foam. Animals exposed to SLS experience eye damage, depression, labored breathing, diarrhea, severe skin irritation, and even death. Young eyes may not develop properly if exposed to SLS because proteins are dissolved. SLS may also damage the skin's immune system by causing layers to separate and inflame.

### **About Dr. Stuart:**

Dr. Stuart is co-founder of La Jolla Plastic Surgery & Dermatology

Susan Stuart, M.D. received her Doctor of Medicine (M.D.) degree from Tulane University School of Medicine. She completed a highly competitive one year internship at Mercy Hospital Medical Center in San Diego followed by a residency at Emory University, one of the most highly respected dermatology training programs in the U.S. She also completed a one year postgraduate dermatology fellowship in pediatric dermatology at Stanford University Medical Center.

Dr. Stuart's career began with her undergraduate education where she received her B.A. degree from Duke University and was elected into Phi Beta Kappa, an elite academic honor bestowed upon a small percentage of undergraduates who have achieved the highest standards of scholarship in the U.S.

In addition, Dr. Stuart is the founder and past president of a nationally recognized organization for children with physical and emotional disorders at Duke University.

After completing 8 years of postgraduate medical education, Dr. Stuart began offering San Diego skin care services and has remained in the area ever since. She has worked with several internationally respected dermatologists and laser experts while continuing her academic endeavors as a faculty member at UCSD Medical Center, where she has instructed interns and residents. She maintains active staff privileges at Scripps Memorial Hospital in La Jolla.

Dr. Stuart is considered one of San Diego's leading experts in dermatology and lasers and has been selected as one of America's top physicians in dermatology. She has been featured regularly on news shows including NBC, ABC, and KUSI for her expertise on a variety of dermatology topics and procedures, including San Diego Fraxel® laser skin rejuvenation and BOTOX® Cosmetic.

## How To Treat Psoriasis: Kim Kardashian's Skin Condition

Hollywoodlife.com



Kim Kardashian has been open about her struggle with psoriasis. On July 27, she was spotted with a large patch on her ankle. Read expert tips on dealing with the skin condition below!

Kim Kardashian, 34, is pretty much flawless, but her psoriasis, a skin condition with no cure, has been a battle she has been fighting for a long time. Find out what causes psoriasis and shop four at home remedies right here.

**NYC dermatologist Dr. Rebecca Baxt** says: "Nobody knows what causes psoriasis. It is a very common condition. It often causes red, scaly patches on the skin and causes deformities of the nails and may affect the scalp as well. It can also cause arthritis. Treatments for psoriasis consist of topical creams — usually steroids to reduce inflammation. There are other topical creams that work as well such as retinoids and vitamin D derivatives. Psoriasis patches and plaques can be injected with a steroid to reduce the inflammation and make them fade faster. They also respond to

light treatments such as natural sunlight or UVB phototherapy in a doctor's office. For severe cases there are injectable or oral medications that suppress the immune system."

Since Kim is pregnant, we asked if that affects her condition:

"Women may report that the intensity of their psoriasis changes at menopause or while they are taking hormones. Part of the reason this is unclear is that so many other factors could explain changes in psoriasis. One big factor is stress, which often plays a role during pregnancy, childbirth, and menopause. Sometimes women develop psoriasis at the birth of their child, which might be attributed to the stress of childbirth."

## At Home Remedies — Over The Counter Solutions

Though there is no cure, there are products to lessen the symptoms and make you more comfortable. Dr. Neal Schultz, NYC dermatologist and host of DermTV.com and creator of BeautyRx by Dr. Schultz says:

“For her [Kim Kardashian’s] psoriasis on her leg, a topical cortisone ointment (prescription strength) would give the fastest and best short term improvement. When it’s better, then a lower strength cream is used.”

The new PCA SKIN CliniCalm 1% smooths and relieves itching and irritation with maximum strength 1% hydrocortisone. It’s great for psoriasis, eczema and even inflammation from waxing and shaving.

Akérat S Psoriasis Skin Cream used Salicylic acid, Lactic acid and Urea (30%) to “help reduce dryness, plaque buildup and skin thickening. After 10 days of use, the product showed significant improvement in the treatment of hyperkeratosis, flaking and dryness,” according to the brand.

Psorent Psoriasis Solution is a non-prescription topical that is easy to apply with a dab-on applicator. It quickly absorbs into the skin and is a clinically proven formulation that controls the symptoms of plaque psoriasis. The formula is a steroid-free 15% liquor carbonis distillate (LCD).

Kim told IntoTheGloss.com in February 2015: “I have this at-home LED light therapy machine called [Quasar MD Plus](#) that I got it for my psoriasis because I’ll try anything. I used to have it so bad on the back of my legs. I had a lingerie photoshoot once, and it was just *covering* my legs. I have the behind-the-scenes pictures, and it’s pretty crazy. Now I just have two patches that won’t seem to go away, but the rest have gone away ever since I had [North West].”

Of Kim’s recent improvement, Dr. Schultz says, “The behavior of psoriasis in pregnancy is variable; some people get better (probably because of higher cortisone levels during pregnancy) and some get worse.....just like acne!”

Kim also reportedly uses Sebamed Moisturizing Lotion.  
Do you suffer from psoriasis?

— Dory Larrabee-Zayas



# 13 Things You Should Never, Ever Do in the Sun

## Summer just got darker. \*Shiver\*

Cosmopolitan.com

Like the ocean, you just can't trust the sun. So make sure these hazardous habits never see the light of day:

- 1. Squeeze a lime.** If you get the juice on your skin, the sun could cause a chemical reaction that results in a rash called phytophotodermatitis. In the best cases, it's not cute: You could develop very dark spots that can take a few weeks or months to fade, says **Dr. Rebecca Baxt, M.D., a New York-based dermatologist**. In the worst cases, you could be left with burning, bubbly blisters:
- 2. Apply sunscreen.** You read that right. You should be applying sunscreen (everyday and always) — but it should happen 15 to 30 minutes *before* you get into the sun, according to recommendations from the American Academy of Dermatology. (This way, the product will have time to fully soak into your skin and actually provide protection.) That said, it's fine to reapply in the sun, or lather to up on the spot if you forgot to apply sunscreen indoors.
- 3. Wear sunscreen with an SPF that's lower than 30.** Lower numbers work, but not as well or for as long as ones with higher SPF, Dr. Baxt says. Make sunscreen a daily habit — and not just in the summer. Even if the only sun you'll be seeing is through your windshield on your way in to work, harmful rays can still cause skin cancer and aging through the window. Of course you'll want to be extra careful about lathering up on beach days, or any time you're in the sun between the hours of 10 a.m. and 4 p.m. when sun rays tend to be strongest.
- 4. Leave sunscreen in the sun.** Heat can break down certain formulas, rendering the product less effective. (It's one reason why sunscreen is one of the beauty products you should be keeping in your fridge.)
- 5. Fail to reapply sunscreen.** When you wear a sunscreen that is 30 SPF, it will take your skin 30 times longer to burn than bare skin, Dr. Baxt explains. But if you typically burn in minutes, that 30 SPF won't protect you all day. Reapply every two hours to play it safe.
- 5. Rely on the SPF in your makeup.** Dermatologists recommend using about an ounce (a golf-ball size dollop) worth of sunscreen to exposed skin on the face and body. But using that much SPF-containing foundation would make you look all goopy — particularly if you were to reapply it every two hours (see above). Also, you probably don't smooth foundation on the back of your neck, your shoulders, chest, arms, and any other areas you expose on the regular. And even if you were to apply foundation all over: Makeup does NOT provide all-day protection.
- 6. Forget to protect your scalp.** When you part your hair, you expose bare scalp to unfiltered sun. To protect it, brush powdered mineral sunscreen such as Sunforgettable Mineral Sunscreen Brush from Colorescience along your part and hairline. Or dilute sunscreen with water in a spray bottle, and spritz the scalp. (This works on wet hair right after a swim.)

**7. Lay out for the sole purpose of getting tan.** "Never lay out at all," says Dr. Baxt. Simple as that. (If you must lounge in the sun, make sure you plant yourself under an umbrella.)

**8. Use products that contain acne-fighting or anti-aging ingredients.** Products that contain ingredients such as salicylic acid, retin-A, tretinoin, adapalene, tazarotene, retinol, or glycolic acid can make your skin extra sensitive to the sun, according to Dr. Baxt. Apply them at your peril: You could suffer from burns that look way worse than the skin problem you started with. Instead, apply treatments at night when your skin can safely sop them up. And be extra careful the next day: Certain ingredients actually thin the top layer of skin, which can cause sun sensitivity.

**9. Be on prescription drugs.** Some drugs prescribed to treat acne, bacterial infections, and other health conditions promote the absorption of harmful light waves, making your skin especially susceptible to burns — sometimes after only one dose. Read the warning label that accompanies your prescription to see if your meds increase your skin's light sensitivity, and avoid spending prolonged periods of time in the sun when you're on a drug that qualifies. You'll also want to be extra cautious when applying sunscreen, and cover up with clothing and a hat when you're outdoors.

**10. Run — in high temperatures.** In warm climates and seasons, sun = heat, which makes your body work extra hard to regulate its temperature. (It's why running in the heat feels more difficult.) You also get dehydrated more quickly when you run in the sun — which doesn't make the effort any easier — and risk sweating off any sunscreen you've applied, which could result in sunburns. So run inside or in the shade, and limit outdoor runs to off peak hours: before 10 a.m. or after 4 p.m.

**11. Skip sunglasses.** "Diseases like cataract and eye cancers can take many years to develop, but each time you're out in the sun without protection, you could be adding damage that increases your risks for these serious disorders," says Dr. Sheri Rowen, M.D., an eye surgeon based in Maryland. (It could be because your eyelids do a crappy job of protecting your eyes from the sun: Fragile eyelid skin is susceptible to sun damage and skin cancer.)

On top of that, sun rays can literally burn parts of your eye balls, causing blurry vision, redness, dryness, swelling, watery eyes, and over time, loss of vision. Near reflective surfaces, like snow, sand, and water, it's even more important to protect your eyes from UV rays — all the more reason to buy sunglasses you love and wear them always.

Screen Gems

**12. Expose new scars.** Because sun pigments the skin, sunning fresh scars can cause them to darken — and delay healing, according to Dr. Baxt. Of course sunscreen can provide some protection, but the best protection is to cover up.

**13. Leave your water bottle out.** When you park your water bottle directly in the sun (or in a hot car, microwave, or dishwasher, for that matter), the moist heat can cause the plastic to leech chemicals that resemble estrogen. (Researchers say that goes for all plastics — including BPA-free ones.) Drink the chemicals on the regular, and you could end up suffering from reproductive issues, heightened risk of certain cancers, and other unpleasant side effects.

# HUFFPOST STYLE

## What Is Marshmallow Root, And Will It Give You Better Skin And Hair? No, not the kind found in S'mores.

Huffingtonpost.com

*"Beauty Glossary" is a HuffPost series that breaks down beauty product techniques, treatments and ingredients so you know exactly what you're putting onto and into your body.*



KATHYKAFKA VIA GETTY IMAGES

When we think of marshmallows, we think of all the yummy ways to eat and drink the sugary, spongy candy. S'mores. Root Beer Floats. Cupcakes. You get the picture. But it did not occur to us until we read the ingredients label on a few beauty products that there's a different kind of marshmallow in the world.

In fact, marshmallow, otherwise known as Althaea, is a plant. "It has a flower, leaves and a root, and is found in stores usually as a tincture, extract, capsules or tea leaves. It is sometimes added to skin and haircare products," said **board-certified dermatologist Rebecca Baxt.**

Althaea has a long and documented tradition of use as both food and medicine dating back to ancient Egypt, according to Richard Mandelbaum, an herbalist registered with the American Herbalists Guild. It was turned into a candy confection and a sore throat remedy, among other uses.

"It has vulnerary (healing), demulcent (moisturizing) and soothing properties that make it highly effective for revitalizing both skin and hair," he told HuffPost.

There's a significant difference between extract from the plant and its root. Carl Thornfeldt, a clinical dermatologist and the creator of Epionce skincare, said the root is high in mucilages, which are used to coat and prevent irritation (think pectin from apples). The extract comes from the flowers of the plant, and while it has some mild anti-inflammatory effect, it doesn't have the skin protectant properties that the root does.

Marshmallow root also has low concentrations of ceramide precursors, a natural hydrator Thornfeldt said helps with repairing the skin barrier. For hair, mucilage binds to the proteins to make strands look thicker. Baxt added that the slippery substance can also be used as hair detangler and conditioner.

Because of marshmallow root's cooling and moisturizing properties, Mandelbaum said herbalists like himself believe it's most appropriate for use by people who have dry, brittle or damaged hair. People with skin conditions that are irritated, red and/or inflamed might find it useful, too. Since marshmallow root is similar to a plant-derived form of glycerin, an emollient that softens skin and moisturizes hair, Thornfeldt believes it's safe to incorporate into beauty routines. However, Baxt recommends seeking the advice of your doctor before making any drastic changes to regularly prescribed treatments.

# Beam Me Up

Discover how lasers can provide a bright future for clients looking to treat common skin concerns.

**OFFERING MINIMAL DISCOMFORT AND** downtime, non-invasive cosmetic treatments have increased by more than 13 percent in 2013 with 9.5 million procedures, according to a report by the American Society for Aesthetic Plastic Surgery (ASAPS). Laser treatments are among the more popular non-invasive procedures available at medical spas today. "Laser technology is evolving to address a number of issues in a safe and effective fashion," says Whitney Bowe, M.D., assistant medical director for cosmetic and laser services at **Advanced Dermatology, P.C.** (Ossining, NY). "The lasers we use are able to achieve dramatic results with relatively little downtime, which is something that resonates with the modern cosmetic patient." Here are some of the most common hair and skin issues addressed by lasers, as well as a look at the ideal lasers for treatment:

## Blemishes

Laser treatments can help clear acne, and there are several different types of lasers available today that can do the job, such as diode, infrared, and intense pulsed light (IPL) lasers. Isolaz, from Solta Medical, combines a gentle vacuum with IPL to help fight the root causes of acne and reveal a more radiant appearance. The painless laser helps to destroy acne-causing bacteria, while the vacuum clears pores of blackheads, oil, and debris. Blemishes, including those caused by broken blood vessels or age spots, can be treated by lasers that target the offending tissue and spare the normal surrounding skin, according to Susan Stuart, M.D., founder and medical director at **La Jolla Dermatology** (CA). Alma Lasers HarmonyXL's Advanced Fluorescence Technology (AFT) laser handpiece, for example, helps clear blemishes using intense blue wavelengths to rapidly destroy acne-causing bacteria without damaging the surrounding tissue.

## Wrinkles

When it comes to fine lines and wrinkles, lasers can help restore a more youthful appearance by

creating tiny micro-wounds in the skin that trigger collagen formation. Fraxel is a non-invasive laser treatment that stimulates collagen production and diminishes the visible effects of aging. Essentially, the outer layers of damaged skin are eliminated, and as new cells form, smoother, younger-looking skin appears. Pixel by Alma Lasers is a resurfacing laser that targets small areas to help tighten and smooth out the surface of the skin with little-to-no downtime. According to Bowe, Fraxel is recommended for treatment of fine lines, while Pixel is more effective in treating deep lines and wrinkles, though they both work similarly. "These lasers basically create a tic-tac-toe board on the skin, producing heat damage that creates collagen and in turn repairs wounds and tightens fine lines," she says.

## Skin Resurfacing

From dark spots, sun spots, and age spots to uneven pigmentation, there are several skin resurfacing issues that can be treated with lasers. The Fraxel Dual 1550/1927 is an effective skin resurfacing device to treat acne scarring, fine lines and wrinkles, and skin discoloration, as it creates micro-wounds in the superficial layers of skin to reveal healthy glowing skin underneath, according to Bowe. "Brown spots turn into coffee ground-like material that gently exfoliates off the skin in the following week, and pore size also decreases," she says. Also an efficient option, CO2RE by Syneron-Candela is a fractional CO2 laser resurfacing device that targets and effectively treats the skin's surface, middle, and deep dermal levels to help remove sun damage, age spots, fine lines and wrinkles, acne scars, enlarged pores, and uneven skintone.

## Cellulite

Lasers can also be a useful form of treatment for trouble spots on the body, such as cellulite. **Allure Medical Spa** (multiple locations in Michigan)

*continued on page 70*

"Laser technology is evolving to address a number of issues in a safe and effective fashion."



Laser hair removal is a popular option for spa-goers looking for a permanent solution.

*continued from page 68*

uses a radiofrequency device called Exilis, from BTL Aesthetics, in combination with Acoustic Wave Therapy (AWT) for non-surgical cellulite treatments. Exilis is a non-invasive laser treatment that helps to reshape the body by reducing fat, improving skintone and elasticity, and reducing the appearance of cellulite. It can be used on the breasts, abdomen, face, jowls, neckline, arms, thighs, hips, buttocks, and knees. AWT involves tightening the skin with intense pressure pulses that target fibrous bands of connective tissue that cause the cellulite. Applying pressure waves to the connective tissue can help reduce cellulite by increasing circulation, collagen production, and tissue elasticity. For surgical treatment of cellulite, Allure Medical Spa uses Cellulaze from Cynosure, which is similar to liposuction, and works by breaking up cellulite dimples and tightening the skin. "The Cellulaze laser directly contacts the loose tissue as well as the tiny bands that cause dimpling for more noticeable results and has a built-in heat sensor so it can't get too hot and burn the tissues," says Charles Mok, D.O., owner of Allure Medical Spa. "It also monitors movement to ensure the treatment is even."

## Scar Treatment

Unfortunately, according to Bowe, there aren't treatment options for every type of scar. She recommends that clients schedule a consultation

to see whether the scar of concern is amenable to laser treatment. For certain types of acne scarring, for example, the Fraxel Dual 1550/1927 can be helpful, as it targets acne scars and signs of aging with microscopic laser columns that help resurface the skin by stimulating the growth of new, healthy skin cells from the inside out. Fractional CO2 laser resurfacing devices, such as CO2RE, TotalFX, and Matrix CO2, can also be effective forms of treatment. The TotalFX fractional CO2 laser device helps reduce deep wrinkles, acne scarring, and sun spots by tightening skin, stimulating collagen, and fading skin discoloration. Matrix CO2 also helps treat skin issues, such as acne scarring, by stimulating the skin's own collagen, increasing elasticity, and creating a smoother and tighter texture. For surgical or new scars, Fraxel and the pulsed-dye VBeam Perfecta by Syneron-Candela laser are both popular devices. VBeam is a non-invasive laser treatment that involves intense, yet gentle, bursts of light that destroy the blood vessels being treated. "It targets red blood cells, so it reduces redness and remodels the scar to help it smooth and even out faster," says Bowe.

## Hair Removal

Unwanted hair on the face and body can be both an embarrassing and frustrating issue for many clients. That makes laser treatment desirable, as it can help eliminate the need to wax, shave, or

*continued on page 72*



*continued from page 70*

bleach unwanted hair. "Sugaring, waxing, threading, or plucking only provide a short-lived, temporary fix for hair growth," says Andréa Young, owner of **Beam Laser Spa** (New York City). "They are not permanent and often further irritate the skin by causing painful ingrown hairs. Laser hair removal provides a drastic reduction in hair growth over the course of several treatments." GentleLase Pro-U and GentleMax Pro, both by Syneron-Candela, can be used to target the root of the hair and create heat damage that kills off hair that is in the growing stage. Other popular hair removal lasers include the Cynosure Apogee Elite System, the Lumenis LightSheer Diode Laser System, and the InMode Aesthetic Solutions Diolaze. Because each hair strand grows at different cycles—some hair is in a resting stage during the treatment—multiple visits might be needed about every six weeks for the best hair-removal results. "The light emitted by the lasers penetrates the skin and settles in the follicle, and the follicle absorbs the light energy as heat," says Young. "Over time, the absorption of heat from the laser kills the majority of the follicles, and the follicles that are not killed get significantly weaker, providing much finer and slower growth."

## Hair Growth

According to Francesca Dubsy, director of marketing at HairMax, there are four types of hair loss: telogen effluvium, anagen effluvium, traction alopecia, and androgenic alopecia. Telogen effluvium hair loss can occur after pregnancy, major surgery, drastic weight loss, extreme stress, and physical and emotional shock. Anagen effluvium hair loss results from damage to the hair follicle and is commonly associated with chemotherapy or as a side effect to certain medications. Traction alopecia is a condition caused by localized trauma to the hair follicles from tight hairstyles. Androgenic alopecia is male- or female-pattern baldness—the most common cause of hair loss. No matter the reason for the hair loss, more and more clients are seeking solutions and ways to

regrow their hair, and lasers can be part of the solution. The HairMax LaserComb is a low-level laser device, which utilizes visible light in the red spectrum that has been clinically proven to stimulate hair growth. The LaserComb works by a process called photo bio-stimulation and delivers a safe, nourishing laser light directly to the scalp, infusing hair follicles with energy to treat hair loss and grow denser, fuller hair. Designed to treat thinning hair and hair loss in men, iGrow by Apira Science is another popular hair growth device. This portable in-home hair growth system incorporates a dual light laser and LED light diodes to stimulate and energize cellular activity

to help reverse thinning hair and hair loss and grow new healthy hair.

As laser treatments become even more popular among clients, it is imperative that medical spas implement proper education and safety procedures to ensure both the patient and laser operator are safe from harm. "The main safety concern with lasers is making sure the people using them are properly trained and licensed to avoid burns and scars," says Stuart. "There is no substitute for education and training, especially

when it comes to your body." Some safety precautions include discussing medical history with the patient, performing a laser patch test to make sure the patient does not have a bad reaction before going forward with a procedure, and using protective gear such as eye shields. "Lasers are only as safe as the person who is doing the procedure," says Bowe. "Almost any laser can cause burns, discoloration, or scars if not done properly. I always personally evaluate every patient and choose the settings myself. Sadly, I frequently treat laser complications from procedures done by people who were not well qualified."

Fortunately, evolving technology is making lasers increasingly safe. "The newest trends in lasers are those which are non-ablative or do not damage the overlying skin and just target the damaged tissue," says Stuart. "With new technology, these lasers are being designed to be more effective and safer than ever before."

—Nicole Altavilla

"The main safety concern with lasers is making sure the people using them are properly trained..."

"The lasers we use are able to achieve dramatic results with relatively little downtime..."

Expand your client base and boost your bottom line with a host of laser therapy options. Check out the companies that are leading the way in laser technology.

**Aerolase**  
www.aerolase.com

**Alma Lasers**  
www.alma-lasers.com

**Apira Science**  
www.igrow-laser.com

**BTL Aesthetics**  
www.btl-aesthetics.com

**Chromogenex**  
www.chromogenex.com

**CoolTouch**  
www.cool-touch.com

**Cutera**  
www.cutera.com

**Cynosure**  
www.cynosure.com

**HairMax**  
www.hairmax.com

**InMode Aesthetic Solutions**  
www.inmode-md.com

**Light Age**  
www.lightage.com

**Lumenis**  
www.lumenis.com

**MDdermis**  
www.md-dermis.com

**Sciton**  
www.sciton.com

**Solta Medical**  
www.solta.com

**Syneron-Candela**  
www.syneron-candela.com

—Jessica Morrobel

## BB Cream 101: Learn The Difference Between BB, CC & DD Creams From A Professional Dermatologist

Fashiontimes.com



Feel like you've been hearing a series of letters rather than actual descriptors attached to the newest skincare products? You're not crazy: You've just been caught up in the swarm of "alphabet creams."

BB, CC, and now DD creams first gained popularity in Korea, and have made similar waves stateside. But what do all those letters stand for, and what do these creams actually do?

"BB, CC, or any alphabet soup creams can be excellent all in one products for some women, but for many companies, the labels are just marketing," revealed Dr. Rebecca Baxt, a board

certified NYC dermatologist.



"Check the active ingredients. Does it have a sunscreen? What is the SPF? Is it at least a 20 or 30 SPF? If your BB, CC, or any other over the counter cream is not working for you, seek help with a dermatologist to solve your skin issues. They may be more complicated than just the ABC's!"

We chatted with Dr. Baxt and got the 411 on how these trendy creams came to be:

### So Dr. Baxt, how did BB creams begin?

BB creams are short for beauty balms or blemish balms. They were first developed in Germany by a dermatologist who wanted a single cream that would protect skin and provide coverage after laser treatments.

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The all-in-one formulation became a sensation in South Korea and then spread throughout Asia. The average woman in Asia goes through seven different steps taking care of her skin.

**What exactly do BB creams do?**

Many BB creams offer effective sun protection, with broad-spectrum SPF 30 or higher, the American Academy of Dermatology's recommendation for daily use. What's more, BB creams generally contain zinc oxide or titanium oxide, physical sun blocks that have some built-in water-resistant properties.

And that's just the start of the alphabet! Check back tomorrow for

more BB cream secrets and the best ways to use this formula as well as a couple others. Looking your best can get a bit complicated. Seriously, what's with all the different lettered creams? BB, CC, DD -- do we really know how to differentiate between them all?



Enter our skin expert New York City dermatologist Dr. Rebecca Baxt to breakdown the alphabet soup of skin care. **If you missed Part One of our chat, click here.** Now read on to learn the difference between BB and CC creams:

**BB VS CC**



**Dr. Baxt, what do BB creams usually have in them that our skin can benefit from?**

When it comes to this skin care treatment, you'll find anti-aging components, including peptides and antioxidants

such as vitamins A, E, and C. There are also moisturizing workhorses like hyaluronic acid and glycerin, and ingredients such as licorice and arbutin that help even out skin tone. BB creams often have light-reflecting mica to give skin a luminous finish. And quite often there are silicone-based ingredients, such as dimethicone, that help smooth the skin, acting much like a foundation primer does.

**Are there any limitations when it comes to BB creams?**

For all its benefits, if you expect a BB cream to be a miracle in a tube, you might be disappointed.

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For all its benefits, if you expect a BB cream to be a miracle in a tube, you might be disappointed.

Beauty choices got you feeling like you're about to eat alphabet soup? We hear ya. Check out **Part One** and **Part Two** of our chat with board certified dermatologist Dr. Rebecca Baxt where she explains the key differences between BB and CC creams. And now onto the next letter in the skin care alphabet. If you haven't tried DD creams yet, read up on the newest beauty addition to request a spot on your vanity:



### **Dr. Baxt, break it down for us. DD Creams, what are they?**

Fresh to the alphabet cream craze, DD creams, or "dynamic do-all" are a super cream. They combine the power and benefits of both BB and CC creams. However, their primary focus is on anti-aging.

### **What exactly do DD creams do?**

The anti-aging specialty of the DD cream works to diminish wrinkles and fine lines throughout use. Additionally, DD cream will balance skin tone and protect the most sensitive areas of your skin.

### **How do we use DD creams?**

Supposedly, you'll really see improvements in your skin with continued use, so use it often and incorporate it into your daily routine!

### **How do DD creams differ from the rest?**

DD cream's strongest selling point is their anti-aging benefits. If you're looking to reduce the appearance of wrinkles, this cream is the cream for you.

At the end of the day, each category overlaps to the point where the differentiation is almost nonexistent. The upside is they are all great products that can be very beneficial for the skin. The downside is sorting through the many varieties to determine which would work better for you. (This just in: We now have a "GG" cream)

**So just where does a gal even start?**

If discoloration is your primary concern, then start with CC creams, because that's their claim to fame so you will more than likely find a product that contains skin-brightening ingredients such as arbutin or daisy flower extract.

If fine lines and wrinkles are the issue, then look for an alphabet cream full of ingredients like retinol, firming peptides or adenosine. If your skin is oily, then look for a cream that controls oil and has a lightweight texture.



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## Dark shadows, be gone! We spoke to the experts, and got their tips on how to minimize discoloration.

Elle.com



### CAUSES: FROM AGING TO ALLERGIES

There are many different causes of dark under-eye circles. **Dermatologist Rebecca Baxt, MD**, noted that genetics often play a role in discoloration—if your parents both have hyperpigmentation in the area, you could, too. According to dermatologist Heidi Waldorf, MD, aging can also cause volume depletion under the eyes, resulting in hollowed-out shadows. Some people, especially those with thin, pale skin, have superficial blood vessels, which results in a reddish-purple hue showing through. Allergies are also a big culprit, and frequent rubbing of the eyes can result in thickening and darkening in the area. But all hope is not lost!

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### TOPICAL TREATMENTS: EYE CREAMS

Need more help? You're in luck—there are a slew of topical treatments that can help hyperpigmentation. But be careful when using ingredients like retinoids, alpha hydroxy acids, and vitamin C; they can irritate the sensitive skin around the eye area, warned Waldorf. "I usually start with a bionic acid product, like NeoStrata [Bionic Eye Cream]," Waldorf said. "You can also use a gentler retinoid, like La Roche-Posay Redermic Eyes, which contains a time-release retinol to reduce irritation." Glow by Dr. Brandt Revitalizing Retinol Eye Cream also contains time-released retinols.

NeoStrata Bionic Eye Cream, \$59; [neostrata.com](http://neostrata.com); La Roche-Posay Redermic [C] Eyes, \$44.99; [laroche-posay.us.com](http://laroche-posay.us.com); Glow by Dr. Brandt Revitalizing Retinol Eye Cream, \$55; [sephora.com](http://sephora.com)

COURTESY OF NEOSTRATA, LA ROCHE-POSAY, SEPHORA



### PREVENTATIVES: SLEEP, HYDRATION, AND SUNSCREEN

While you can't totally prevent dark under-eye circles, you can minimize them, according to the dermatologists. First: Get enough sleep. Also, put down the champagne. Too much alcohol and salt will dehydrate you, making your eyes puffy, which in turn makes your circles look worse. Try hydrating, gentle cleansers instead of drying ones that can irritate the delicate skin in the area. Always wear a sunscreen, as ultraviolet rays damage skin and contribute to



the problem. And, if your under-eye circles are exacerbated by allergies, see a doctor to get a prescription for antihistamines and eyedrops.

CeraVe Hydrating Cleanser, \$9.59; [drugstore.com](http://drugstore.com); Boscia Soothing Cleansing Cream, \$26; [sephora.com](http://sephora.com); Estée Lauder DayWear, \$39; [esteelauder.com](http://esteelauder.com); Clarins Sunscreen for Eyes Wrinkle Control Cream SPF 30, \$28; [clarinsusa.com](http://clarinsusa.com)

COURTESY OF DRUGSTORE.COM, SEPHORA, ESTÉE LAUDER, CLARINS

### TOPICAL TREATMENTS: DAILY MOISTURIZERS

Dermatologists and makeup artists all agree you need a hardworking, moisturizing eye cream to ensure the area stays hydrated. "Make sure the skin around the eyes is moist when you go to bed so it doesn't get irritated or inflamed," Baxt said. A good daily eye cream should have plumping ingredients, like hyaluronic acid and glycerin. You should apply the cream at night, and then use the same one in the morning prior to trying to conceal dark circles. "Eye cream helps concealer to go on smoother," said makeup artist John Stapleton. "It helps thin it out a little better so it doesn't get cakey."

GlamGlow Brightmud Eye Treatment, \$69; [sephora.com](http://sephora.com); M.A.C Fast Response Eye Cream, \$31; [maccosmetics.com](http://maccosmetics.com); Caudalie Premier Cru The Eye Cream, \$98; [caudalie.com](http://caudalie.com); Koh Gen Do Macro Vintage Eye Treatment, \$138; [kohgendocosmetics.com](http://kohgendocosmetics.com)

COURTESY OF SEPHORA, M.A.C, CAUDALIE, KOH GEN DO



### MAKEUP SOLUTIONS: APPLYING A CONCEALER

Makeup artist Billy B. recommended applying your concealer after you apply all your other eye makeup, as specs of eye shadow powder can fall and ruin a good concealing job. After prepping with a moisturizing eye cream, put concealer *only* where you need it, which might not necessarily be your whole under-eye area. Makeup artist Sarah Lucero suggested beginning a little below where the darkness starts. If you apply it too high, you'll get product too close to your lower lash line and it can crease and also smear your mascara. Also apply concealer sparingly. Then use a concealer brush to sweep the product up to cover the area. Stapleton recommended using a fluffier concealer brush because flatter, firmer versions can apply too much product. Once you have brushed the product where you want it, use the pad of your ring finger to gently pat it into place.



Hourglass Concealer Brush, \$25; [barneys.com](http://barneys.com)

COURTESY OF BARNEYS



### **MAKEUP SOLUTIONS: CHOOSING A CONCEALER**

If you need to hide the circles, make sure you conceal like a pro. When covering blemishes, you need a product that matches your skin tone. But to cover dark circles under your eyes, Stapleton recommended using color theory to choose the right concealer. Opposite colors on the color wheel cancel one another out. What this means is that if you're trying to cover a purple hue under the eyes, use a yellow-toned concealer. If you have redness, a green-toned product will help camouflage it. However, most under-eye circles tend to be blueish, which requires a peach-colored hue. You can also try a color-correcting primer prior to concealing, which will help neutralize any under-eye discoloration.

Makeup Forever Full Cover Concealer, \$32; [sephora.com](http://sephora.com); ByTerry Touche Veloutée Concealer, \$58; [barneys.com](http://barneys.com); M.A.C Select MoistureCover, \$18; [nordstrom.com](http://nordstrom.com); Clinique Airbrush Concealer, \$19.50; [clinique.com](http://clinique.com); Stila Perfecting Concealer, \$23; [stilacosmetics.com](http://stilacosmetics.com); Smashbox Photo Finishing Color Correcting Primer, \$38; [sephora.com](http://sephora.com)



### **MEDICAL TREATMENTS: FILLING AGENTS AND LASERS**

If you've lost the fat under your eyes thanks to age, Waldorf said the problem is relatively easy to fix with a hyaluronic-acid filling agent, like Restylane or Belotero. "Just be careful not to overfill, or you will end up looking like you have more bags under the eyes," she said. If the depletion in the area is extensive, Waldorf will use a volumizer, like Sculptra, in the cheeks and temple to give more support to the area. But be aware of the Tyndall effect, which happens when fillers are placed too superficially. It causes a blue-green tint under the eye, making the problem worse. If the darkness is related to visible blood vessels, which manifests as a reddish-purple hue, a doctor can treat it with a vascular laser, like the V-Beam. Unfortunately this is a problem that tends to get worse with age and generally doesn't respond well to treatments. Always be sure to look for a board-certified dermatologist or cosmetic physician to increase your

chances of getting the best results.

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# 14 things you never knew about Cetaphil (like how to pronounce it)

today.com

Look in your bathroom: If you don't personally own a bottle of Cetaphil skin cleanser, you probably know someone who does. It's one of the most ubiquitous drugstore products in the country, yet there are a lot of uses that people may not know. Here are 14 things you need to know about this gentle giant of the skincare world.



*Cetaphil*

First things first:

## 1. It's pronounced SEET-a-phil.

Sorry, everyone who says "SET-a-phil!" But according to the brand's publicist, you've had it wrong this whole time.

## 2. It was invented by a pharmacist.

Originally dubbed "Cetaphil Cleansing Lotion," the first product was invented by a pharmacist in 1947 for dermatology needs. Cetaphil Cleansing Lotion was only available from select pharmacists in its early years, but quickly became a highly recommended product by dermatologists, pediatricians and other healthcare professionals to treat common skin conditions. Due to consumer demand, more drugstores began selling the increasingly popular cleanser and by the 1980s, it was available at all major retail stores across North America.

## 3. Cetaphil Gentle Skin Cleanser still uses the original formula developed in 1947!

If it ain't broke...

## 4. You don't have to wash it off.

Many people do rinse the cleanser off with water, but you can also choose to gently wipe it off with just a washcloth or towel, especially if you have very sensitive skin that could use the extra moisture.

## 5. There's a Cetaphil baby line.

The paraben, colorant, and mineral oil-free Cetaphil for babies line includes Daily Lotion and Ultra Moisturizing Wash. All of the products are formulated with soothing and sweet-smelling calendula — perfect for little ones!

## 6. About one bottle of Gentle Skin Cleanser is sold every minute.

Woah.

## 7. And Cetaphil is currently sold in 82 countries around the world.

Although, some market the same product with a different name. For example, here in the U.S. You can buy a normal to oily cleanser called Daily Facial Cleanser, but in Australia it's called Cetaphil Oily Skin Cleanser.

## 8. You can use it to make a gentle, natural facial scrub.

Celebrity makeup artist Lauren Lazaro (clients include Taylor Swift, Ivanka Trump, and Regis Philbin), says she loves using Cetaphil mixed with raw oatmeal and sugar. "It's great for an all-natural exfoliation on your face, neck and chest," she says. "It gently removes dry, dead skin and leaves (you feeling) soft with a natural glow."

#### **9. Some people even use it to wash their color-treated hair, though experts are skeptical.**

There are entire articles on the Internet dedicated to this practice, but Marissa De Lory, the lead stylist at Facebook HQ in Menlo Park, CA, tells us she can't imagine why. De Lory, who is Aveda and Vidal Sassoon trained, says: "Cetaphil isn't targeted towards protecting color and there are so many good, salon quality and cost-effective products to specifically care for colored hair." She says Redken Color Extend and Paul Mitchell Color Care are great examples of salon-quality products that won't break the bank. "Save the Cetaphil for your face!"

#### **10. Speaking of hair, it's considered an alternative for killing lice!**

As the New York Times reported: "In one study published in the journal Pediatrics in 2004, 133 children with hard-to-treat head lice were recruited and subjected to a regimen that involved coating the hair with Cetaphil, combing it, then blow-drying it hardens and shampooing it out eight hours later ... This method produced a roughly 95 percent success rate when it was repeated once a week for three weeks. That beats the general success rate of more conventional treatments like Malathion (about 17 percent) and Dimethicone (about 73 percent)."

**New York area Board Certified Dermatologist Dr. Rebecca Baxt** agrees that this method works.

"Of course it must be done with the usual nit removal, and laundry and cleaning of the house," she adds.

#### **11. Some people like to use Cetaphil to care for new piercings or tattoos.**

A quick Google search will find lots of results when it comes to Cetaphil and piercings or tattoos. But is it safe?

Dermatologist Dr. Jill Waibel, the medical director of the Miami Dermatology and Laser Institute in Miami, Florida, says that post-tattoo and piercing care is similar to post-wound care. "A Cetaphil cleaner could be used," she says. "Also, since this treated as a wound, we would recommend Aquaphor, Vaseline, and antibiotics for two to three days after getting a tattoo." However, she adds, patients may be allergic to Polysporin or Neosporin, so it's best to consult a doctor before topically applying an ointment or cream you haven't used before.

#### **12. You can use Cetaphil as a gentle, moisturizing alternative to shaving cream ...**

This is especially great in the winter or for those of us prone to dry, itchy skin. (The Pioneer woman swears by it!)

#### **13. ... eye makeup remover ...**

Just use a drop on each eyelid, then gently massage and wipe off with a cotton ball or pad.

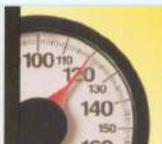
#### **14. ... or even to clean your makeup brushes.**

Just wet the brushes, add a dab of Cetaphil and thoroughly (but gently) wash the brush, then rinse!



**REAL HELP FOR ARTHRITIS**

The **top 3 supplements**, pg 43



**WEIGHT LOSS MADE EASIER**

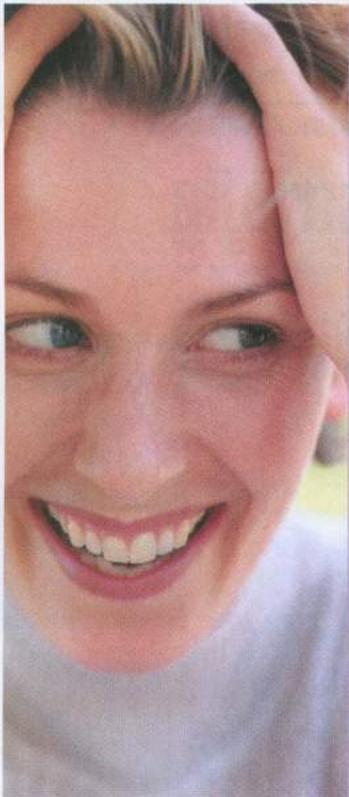
A **low-carb plan** you can live with, pg 37

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# M E D I C I N E

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## The Best Way to Treat Fine Lines

If you also want to smooth fine lines, the most promising noninvasive options are mild chemical peels, retinoid creams, microdermabrasion, and—the latest entry—nonablative laser therapy. “They all work well,” says David Goldberg, a dermatologist at Mount Sinai School of Medicine. “But nonablative lasers lead to the best results.”

Lasers work by emitting concentrated flashes of light that penetrate the skin without harming its upper layers, and stimulate production of collagen and elastin. The light actually rejuvenates skin from the inside out. “You’ll see a remarkable difference in the skin’s vibrancy and freshness,” says Robert De Stefano, a dermatologist in Calabasas, California. It can also reduce the size of your pores and fade any discoloration caused by the sun.

During the procedure, which takes less than 30 minutes, you wear protective goggles and feel a series of light pings, like the light snap of a rubber band. Your face may feel and look flushed for an hour or so afterward. Though problems are rare, lasers do carry risks, including minor burning and scarring.

The treatment runs about \$350 to \$1,000 per session and, in most cases, at least two to five treatments at three- to six-week intervals are necessary, with touch-ups every six months or so. Says plastic surgeon Michael Byun, “If you have just one treatment, you probably won’t see a difference.”

—M.H.

Are everyday containers a hazard to your health? pg 70

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**Herbal Treatments for Infertility** pg 91

## Whoa. To Avoid Wrinkles, This Woman Hasn't Smiled in DECADES

Glamour.com

Other than the normal stuff (hot wax, sitting for hours in the colorist's chair), I've never really done anything *that* crazy for beauty. Tess Christian, a 50-year-old British woman, can't say the same. In this crazy-but-fascinating interview, she explains how she's consciously worked not to smile or laugh since she was a teenager. "I don't have wrinkles because I have trained myself to control my facial muscles," she told the *Daily Mail*. "Everyone asks if I've had Botox, but I haven't. I know that it's thanks to the fact I haven't laughed or smiled since I was a teenager. My dedication has paid off. I don't have a single line on my face." Well!



*(To be clear, Victoria Beckham is not the non-smiler interviewed. She's simply a woman who's made a gorgeous poker face her thing).*

"Is she sad?" Beth asked, and I gave her a quick negative. "It's not as if I'm miserable," Tess said. "I love life. I just don't feel the need to show it by walking around with a rictus grin on my face." She credits strict Catholic schooling and Marlene Dietrich as inspiration and, as the ultimate success sign, said she didn't even smile when her daughter was born in 1991. "I was overwhelmed with joy but still didn't feel the need to smile."

So, I *kind of* get it: a hypothetical *Wrinkles for Dummies* text would explain that facial lines are caused by the skin creasing in the same position, over and over—like what happens when we smile and laugh. **Dr. Rebecca Baxt, a dermatologist in New York and New Jersey**, said there's some truth to Tess's approach.

"Some wrinkles occur from facial expressions, and [if you] minimize those, they'll likely be reduced. There are wrinkles that occur from sun damage and collagen and volume loss over time, and those will not be prevented from stopping all facial expressions," she told me, also giving me some bad news for Tess. She "must be trying to prevent smile lines, but those will happen anyway over time as the facial bone and fat structure changes. The cheeks fall and smile lines are created." Crow's-feet can also be blamed on smiling, but Dr. Baxt says those lines are so easy to hide with the use of Botox that restricting smiles hardly seems worth it.

As soon as I read this story, my mind jumped to my favorite non-smiler: Victoria Beckham. But let's not forget that her decision has nothing to do with wrinkle prevention.

# LUXURY SPA FINDER

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## I screen, you screen

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### POWDER POWER ▶

A cosmetic coup: Jane Iredale's mineral make-up is also a sunscreen. The powder is made from micronized titanium dioxide and zinc oxide, both of which are minerals found in nature that provide color, coverage, and broad-spectrum UV protection. Jane Iredale Amazing Base with SPF 20, \$42 for 0.37 oz., 800-817-5665

### PREEMPTIVE STRIKE ▶

For daily use before you even step outside, this formulation of rose, chamomile, and geranium essential oils jump-starts melanin production. You still need an SPF product, but this makes you more likely to tan than burn. Decl or Aromessence Solaire Protection Booster, \$65 for 3.3 fl. oz., [www.decleor.com](http://www.decleor.com)

### BEST IN GLOW ▶

Sothys meets sun worshippers head-on with this light cream, part of a large sun-care line. Wild-mango butter and IsoCell Life, a soy extract, keep sun-struck skin hydrated and firm, a boon for mature skin. Sothys Soins Soleil Cellu-guard, Age-Defying Repairing Cream, \$36 for 1.69 fl. oz., [www.sothys-usa.com](http://www.sothys-usa.com)

### ▶ BAD HAIR RAYS

To fix tresses that have been harmed by sun, salt-water, and chlorine, this rich hair serum uses a skin care-inspired solution: ceramides (water-retaining lipids and fatty acids) and vitamin E to replenish hair's body and color. K rastase S rum Apr s-Soleil, \$29 for 1.7 fl. oz., 877-748-8357

### ▶ STICKING OUT

Dr. Hauschka's nature-based titanium-dioxide sunscreen is smartly packaged as a solid stick, so you can paint it on without dirtying your hands. The aluminum additive (for potency), however, might have the good doctor rolling in his grave. Dr. Hauschka Sunscreen Stick SPF 30, \$14 for 0.17 oz., [www.drhauschka.com](http://www.drhauschka.com)

### ▶ SMUGGLER'S GOLD

Until the UVA-blocking drug Mexoryl XL is FDA-approved, this coveted French sunscreen that contains it is technically illegal to sell here. Some medical spas and apothecaries carry it anyway—the rationale being that it affords better protection than anything on the market, says David Goldberg, a dermatologist and attorney. La Roche-Posay Anthelios XL Fluide Extreme 60 FSF, \$39 for 1.69 fl. oz., available at C.O. Bigelow, 800-793-5433



LUXURY SPA FINDER SUN-CARE TIP Try titanium dioxide- or zinc oxide-based products if you're prone to sunscreen-related breakouts or rashes.

visit [spafinder.com](http://spafinder.com)

Recipe Box

## Avocado Deep Hair Conditioner

by Susan Stuart, M.D., co-founder of La Jolla Plastic Surgery Dermatology

This conditioner is a natural way to deeply soften the hair and make it shine. With just a few simple ingredients, this avocado conditioner will not disappoint!

Ingredients:

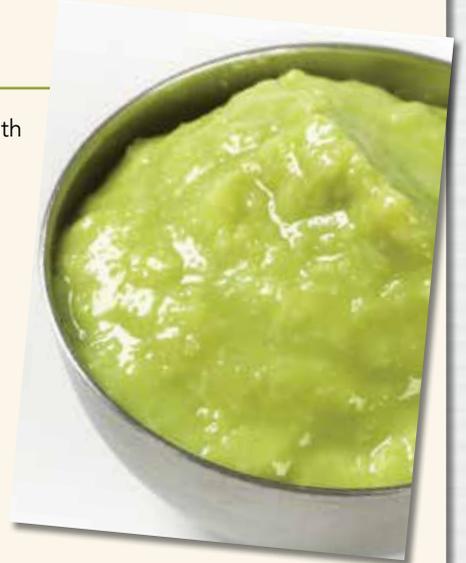
- ½ mashed ripe avocado
- ½ teaspoon olive oil
- 3 drops rosemary or lavender essential oil

Directions:

Combine all ingredients. Massage into hair and scalp, concentrating on the ends.

To Use:

Leave the conditioner on for 10 minutes, then rinse well. It can also be left on longer for a deeper conditioning.



## Why We Love... Essential Oils:

"I love essential oils because they not only have therapeutic benefits, but psychological as well."  
Sigrid Yorke

"I love them because they keep my treatment room smelling great."  
Sydney Moscovik

"They soothe my client's sore muscles and leave them feeling stress-free!"  
Rachel Weirlese

"I LOVE HOW THEY ARE ANTIBACTERIAL BECAUSE I CAN USE THEM IN MY HOMEMADE CLEANING SPRAYS."  
Ron Shermen

"I have seen essential oils work in unbelievable ways... from easing my grandson's asthma attack to releasing sciatica pain for my massage clients."  
Carrie Boswell

"I love that they are non-toxic."  
Garret Fulman

"THEY ARE MY SECRET WEAPON TO MENTAL, PHYSICAL, AND SPIRITUAL HEALING."  
Lora Condon

# ESSENCE

[www.essence.com](http://www.essence.com)

## From The Pros: The Truth About Alphabet Creams



Walking down the beauty aisle at your favorite drugstore can seem more like a lesson on alphabets than a search for the best beauty item. You hear about BB, CC and DD creams all the time, but what do they actually mean? And how can these descriptors help you find the best skincare product for your skin type? **We asked Dr. Rebecca Baxt, a board certified NYC dermatologist to give us the low down on the creams, and apparently it's less complicated than you might think.**

**Take a look!**

**ESSENCE: What are BB creams? And, what makes them so special?**

**Dr. Rebecca Baxt: BB creams are short for beauty balms or blemish balms.** They were first developed in Germany by a dermatologist who wanted a single cream that would protect skin and provide coverage after laser treatments. The all-in-one formulation became a sensation in South Korea and then spread throughout Asia. BB creams started hitting U.S. store shelves in the spring of 2011. Today, almost every major

beauty company has a BB cream, from drugstore brands that cost under \$10 to high-end department-store lines that may be as costly as \$100 or more, as well as lines that are only sold at spas or in doctors' offices.

**ESSENCE: What do BB creams do and are they effective?**

Many BB creams offer effective sun protection, with broad-spectrum SPF 30 or higher, the American Academy of Dermatology's recommendation for daily use. What's more, BB creams generally contain zinc oxide or titanium oxide, physical sun blocks that have some built-in water-resistant properties, Baxt says.

**ESSENCE: What should you look for when buying BB creams?**

Anti-aging components, including peptides and antioxidants such as vitamins A, E, and C. Moisturizing workhorses like hyaluronic acid and glycerin are also great. And, silicone-based ingredients, such as dimethicone, that help smooth the skin, acting much like a foundation primer does.

**ESSENCE: What are CC creams?**

They are packed to the gills with vitamins C and E, complexion corrector cream is similar to BB cream, but focuses on color correction.

**ESSENCE: What do CC creams do and are they effective?**

Lighter than a BB cream, CC cream's primary purpose is to correct color-related skin issues, such as sallowness or redness. Like BB cream, it has SPF as well (number varies by brand). If you're acne-prone, have dull skin, dark spots or constant redness, CC cream is for you. Use CC cream to help with redness,

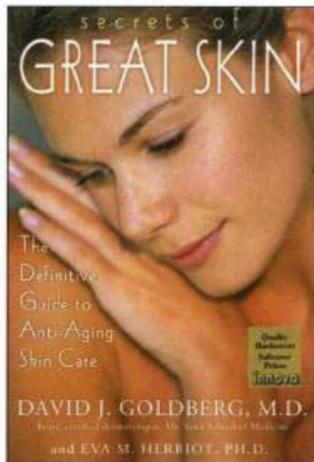
acne, dark spots, sallowness and more. It's also lighter than BB cream! Additionally, DD cream will balance skin tone and protect the most sensitive areas of your skin. DD cream's strongest selling point is their anti-aging benefits. If you're looking to reduce the appearance of wrinkles, this cream is the cream for you.

**ESSENCE: Okay, we got it. But, where should we start?**

If discoloration is your primary concern then start with CC creams, because that's their claim to fame so you will more than likely find a product that contains skin-brightening ingredients such as arbutin or daisy flower extract. If fine lines and wrinkles are the issue, then look for an alphabet cream full of ingredients like retinol, firming peptides or adenosine. If your skin is oily, then look for an alphabet cream that controls oil and has a lightweight texture.

## Win It!

Send your name address and daytime phone number to *Simply The Best*/Great Skin giveaway (4733 W. Atlantic Ave. Suite C-15, Delray Beach, FL 33445) to be entered to win one of five copies of "Secrets of Great Skin," by **David J. Goldberg, M.D.**



US \$5.95



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Miracle Creams  
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## 'Beautiful Skin Revealed: The Ultimate Guide to Better Skin' Giveaway

By [AOL Health Editors](#)

As we age, we crave the healthy skin we once had.



Dr. Paul Friedman

We know we're supposed to eat right, use sun protection, manage stress and avoid smoking to keep our skin looking flawless. But having inside tips from a [top doctor](#) couldn't hurt.

Dr. Paul M. Friedman's book, "[Beautiful Skin Revealed: The Ultimate Guide to Better Skin](#)," which will be released in September, is a must-have beauty source. It'll also help you understand -- and avoid -- wrinkles, age spots, acne, scars, birthmarks, red splotches and

more.

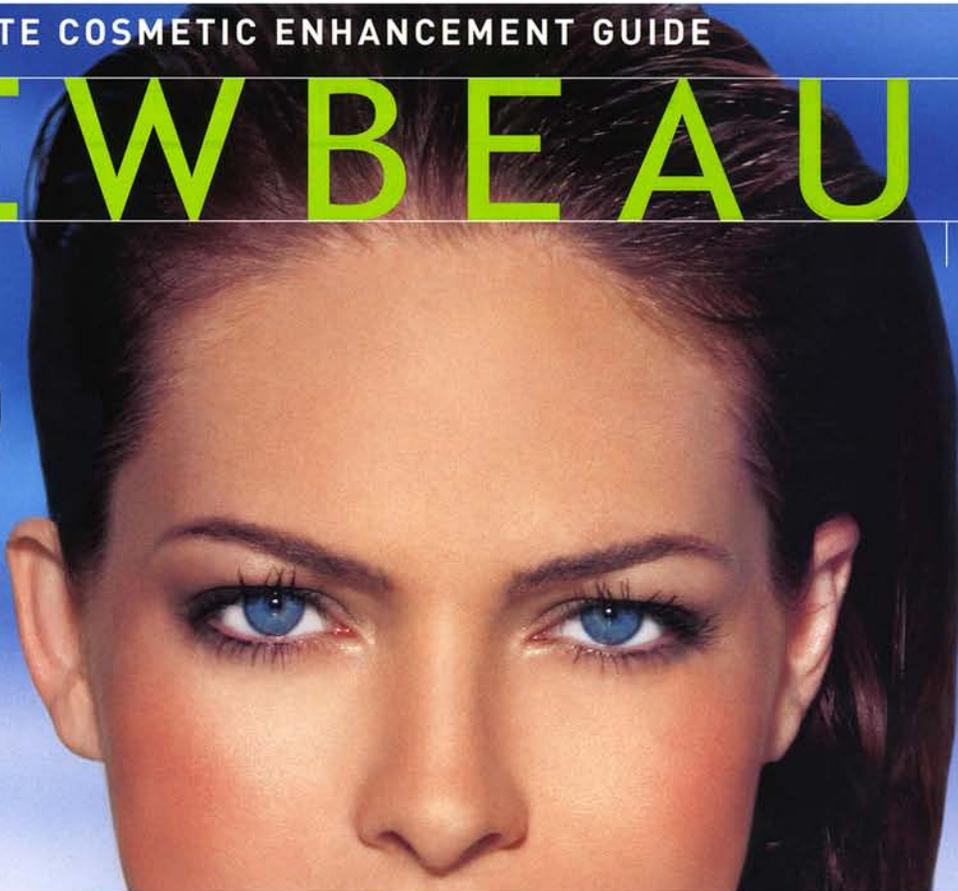
An in-depth guide with a twist, the book features real patients who tell their stories, share before-and-after pictures and explain how minor procedures profoundly impacted their lives.

- Open to legal residents of the United States and the District of Columbia who are 18 and older.
- To enter, "like" the AOL Health Facebook page. To find our page, [click here](#).
- You must "like" our page before Monday, August 23, 5 p.m. Eastern time.
- You may enter once.
- One winner will be selected in a random drawing.
- The winner will receive a copy of "Beautiful Skin Revealed" -- a retail value of \$59.95.
- [Click here](#) for complete Official Rules.

THE ULTIMATE COSMETIC ENHANCEMENT GUIDE

# NEW BEAUTY™

SPECIAL EDITION



## Titan your tummy

MEDICAL

Light therapy is one option to consider for a taut tummy. To tighten skin, the FDA-approved Titan treatment emits a blended infrared light source, which is effective not only on the stomach but also on the thighs, face and neck. "This is a good choice for people seeking a non-surgical procedure," says New York City dermatologist **David J. Goldberg, MD**, who is director of laser research at Mount Sinai Hospital and was one of the FDA investigators involved with Titan. During the 15- to 30-minute treatment, the infrared light pulse heats the dermis, causing collagen contraction. Essentially, the body is tricked

into tightening the skin. Continuous epidermal cooling minimizes any discomfort. "The procedure is nearly painless and does not require a local anesthetic," says Dr. Goldberg. Keep in mind that this treatment only targets the skin, not the underlying muscles that create the appearance of a six-pack or washboard stomach. One to three treatments scheduled at monthly intervals are recommended for the most effective tightening of the skin. "Some patients will see immediate results, and most see the effects three weeks post-treatment, with continued improvement for up to six months," he says.

# flawless summer skin

secrets to a celebrity smile

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DEFY  
THIGH  
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(p. 120)

# SHAPE

## the truth about indoor TANNING

Are tanning beds harmful even if I use them only once in a while? ... and more of your questions answered here.

**Q** Can tanning beds damage my skin even if I use them only once a week? I hate being so pale during the winter.

**A** Stay away from tanning beds at all costs, says **David Goldberg, M.D.**, director of Skin Laser & Surgery Specialists of New York & New Jersey and vice president of the Skin Cancer Foundation, a nonprofit organization based in New York City. The bulbs in tanning beds emit primarily ultraviolet-A (UVA) rays, which typically don't cause the burning triggered by UVB rays (something tanning salons often will tout as a "benefit"), but these rays have been linked to skin cancer and wrinkles. "If you go to a suntan salon only once in your life, it's not going to harm you," Goldberg says. "But it's clear that more exposure is worse. No one has a crystal ball for the damage threshold. But the lighter your skin is to begin with, the more likely you are to have problems."

The U.S. Food and Drug Administration (FDA) has set recommended limits for the maximum length of time you should spend in tanning salons (it's based on skin type), but most people who visit them ignore these limits, says Robin L.

For a healthy sun-kissed look, try this BeneFit bronzing gel.

Hornung, M.D., M.P.H., an assistant professor of pediatrics and dermatology at the University of Washington School of Medicine in Seattle.

In a recent study of 483 subjects at 50 tanning centers in North Carolina, Hornung found that 95 percent of those studied stayed in tanning beds longer than the FDA exposure schedule recommends, and more than one-third set the timers to the longest exposure time on their first day of tanning. Hornung adds that the consensus among dermatologists today is that any tanning-bed exposure is too much. What's more, she says, the rays – both UVA and UVB – emitted from the tanning booths at the tanning centers studied in North Carolina were stronger than she expected: "There are surprisingly high doses coming from these beds – far more than a typical summer's noonday sun." (For more information on the FDA's advice on tanning beds, go to [www.fda.gov](http://www.fda.gov).)

A common reason that people "fake bake" is to get some color. If you don't like your pale skin, Goldberg says, use a self-tanner. Editor's picks: Neutrogena Instant Bronze Tinted Sun-

This self-tanner can give you a safe faux glow.

QUIZ:  
YOUR MIND  
KEEPING  
YOU FAT?  
(p. 150)

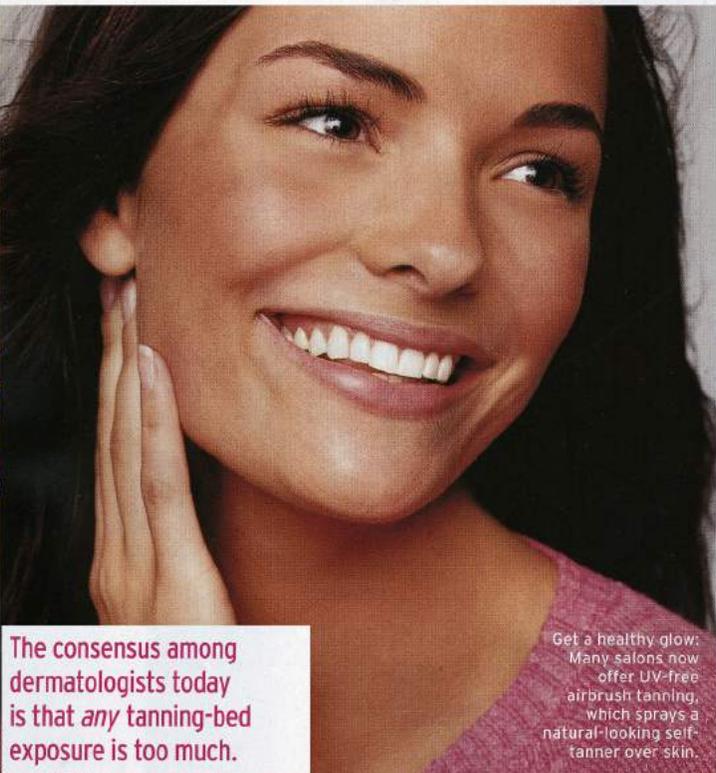
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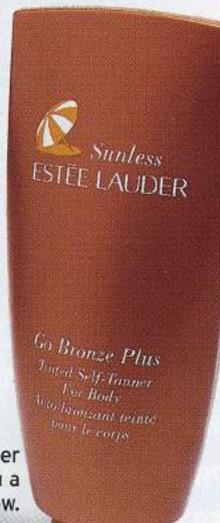
3 smart  
tips to prevent  
wrinkles

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stronger  
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The consensus among dermatologists today is that any tanning-bed exposure is too much.

Get a healthy glow: Many salons now offer UV-free airbrush tanning, which sprays a natural-looking self-tanner over skin.



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# Easy Beauty

flash

### Deep treat

Using a face mask with benefits? To get the most out of your treatment, exfoliate first. It will unclog pores and allow skin to better absorb the healthy helpers, says David Bank, M.D., a dermatologist in Mount Kisco, New York. All clear! .....

### Pay it forward

Nudge your friends to shop chic brands such as By Terry and Bliss at BeautyBar.com. For each new purchase, the site will send \$5 to Feed, a foundation that provides food for people in need. Look good, feel great! .....

### Arm yourself

You're ready for spaghetti strap season, but if you have keratosis pilaris, your arms might not be. Help ditch the telltale skin bumps with honey extract. It's anti-inflammatory and calms redness. DermaDoctor KP Duty Intensive Priming Serum, \$42, delivers the goods.

### Feed your face

Probiotics aren't good only for your gut. On skin, the healthy bacteria form a barrier that helps prevent acne-causing bugs from colonizing, says Joshua Zeichner, M.D., of New York City. Got zits? Rub on a probiotic cream such as Dairyface Nourishing Facial Refresher, \$20. ....

### Status update

Forty-four percent of women would forgo Facebook to have no wrinkles, an Olay poll shows. Luckily, you can stay social and youthful if you avoid squinting at the screen. It can stop lines from forming around eyes, says Susan Stuart, M.D., a dermatologist in La Jolla, California.

**Better brushing** Clean brushes are key for flawless makeup application. Banish grime and germs with this combo: Swirl brushes in a mix of 1 cup warm water, 1/2 teaspoon tea tree oil and a dollop of baby shampoo. Rinse and let air-dry for soft brushes that will be free of residue, says Joey Healy, a makeup artist in NYC.

## The Best DIY Hacks For Razor Burn — And Solutions For When DIY Doesn't Work

www.bustle.com



Now that bikini season is practically here, keeping your legs and underarms stubble free is probably top on your beauty to do list. And with continuous shaving all summer long, comes the threat of razor burn, which can really force you pick those yoga pants over those cute cutoffs you've been eyeing. To show those painful bumps who's boss, here are the best DIY hacks for razor burn. Often caused by using a dull razor, or shaving too closely, razor burn is a temporary itchy skin rash that totally isn't fun. And while it's true that razor burn often only lasts for a few days, you can leave the skin plagued with painful bumps if you aren't careful.

"Razor burn is caused by irritation and inflammation of the hair follicles after scraping the skin (damaging it) with shaving," explains Dr. Jennifer Reichel, board certified dermatologist and RealSelf contributor. "Sometimes there can be bacteria involved (such as staph aureus), which will definitely increase the risk of developing razor burn."

### 1. Prevent, Prevent, Prevent — And Make Sure Your Shower's Temperature Is Right

To soothe irritated and inflamed skin caused by close shave, it's important to remember that prevention is key. Before shaving your bikini line, legs or underarms, always check your water temperature, and make sure you always shave a fresh new razor to start. To further ensure a smoother shade, exfoliating before shaving totally works wonders.

"The best way to treat razor burn is to prevent it," suggests **New York-based dermatologist Dr. Rebecca Baxt**. "Razor burn is common if people shave dry. Be sure to use a new sharp razor, and always shave wet with warm soapy water, or shaving cream."



## 2. Choose A Different Shaving Time

While it's important to remember not to shave over dry skin, Dr. Reichel also recommends easy fixes, like changing your shaving time to evening hours, as sweat and other products applied in the daytime hours often makes your skin more prone to razor burn.

"Shaving in the morning, and then applying other products, or sweating throughout the day can exacerbate razor burn."

## 3. Try Coconut Oil

If you can't take preventive measures to ensure razor burn doesn't strike, there are DIY solutions you can take to help ease this condition. Often inexpensive and found right inside your kitchen pantry, look no further than calming agents like oatmeal, coconut oil, and aloe vera to come to your aid.

BUSTLE

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## 4. Use An Oatmeal Mask Or Aloe Vera

"For leg razor burn - there may be a component of GI bacteria involved - so wash the area after you shave it," says Dr. Riechel. "Using a good homemade oatmeal mask can help with irritation, while aloe vera is another effective DIY trick to treat razor burn."

## 5. Mix Some Ingredients Together

If you want to get a little creative, try whipping up a fun mixture of coconut oil, chickpea and tumeric. According to Hibba Kapil, founder of Hibba NYC, this quirky concoction works to help soothe and calm down irritated skin post shaving. "A homemade mixture of coconut oil, chickpea powder and turmeric does wonders," says Kapil. "Add two drops of neem oil if you are extra irritated!"

## 6. Explore Other Options If DIY Doesn't Do It

If DIY treatments just aren't cutting it, there are more medical approaches you can take to help treat razor burn. Applying on physician prescribed creams and steroids can help ease the pain, while keeping your skin free from those pesky bumps.

"Be sure to apply your dermatologist prescribed creams and steroids right after shaving two times per day for the next three days," says Dr. Reichel. "The only "watch out" point to this, is if you are getting razor burn over large areas of the body on a frequent basis (such as full legs or chest) then the steroid will likely be too much to apply for more than 3 days every few weeks"



## 7. Consult A Doctor If Nothing Else Works

While you can take easy steps to prevent razor burn, it's more than likely to happen to anyone sometime down the road. Just remember never to shave against the grain of the hair, and when you do finally shave, always be sure to start with a new blade. Yes skin soothing DIY remedies can be a huge help, but if your condition doesn't improve over time, be sure to talk to your doctor about any topical approaches you can take.

## PROTECT YOUR SKIN ALL DAY LONG

[www.sheknows.com](http://www.sheknows.com)

*Whether you love to spend time in your garden or are planning a beach vacation, spending all day in the sun can seriously wreak havoc on your skin. With these expert tips, you can save your skin and still enjoy the sun.*

### Wear protective clothing

Debra Jaliman M.D., assistant professor of dermatology at Mount Sinai School of Medicine and author of *Skin Rules*, says, "I'm a big fan of sun protective clothing. I find that it's very effective for protecting the skin from UV light. It's also great that you don't have to keep reapplying the sunscreen."

In addition to protective clothing, Dr. Jaliman says, "It's essential to wear UV 400 blocking sunglasses. A two-inch brim hat is also helpful. Lip balm with SPF 30 is crucial as skin cancer on the lip is most likely to metastasize."

### Sunscreen, sunscreen, sunscreen

Obviously, sunscreen. Dr. Jaliman says, "A great sunscreen is EltaMD UV Pure SPF 47. It's water-resistant for 80 minutes. Vanicream also makes good sunscreen for those with sensitive skin."

Dermatologist Dr. David Bank, author of *Beautiful Skin: Every Woman's Guide to Looking Her Best at Any Age* and founder and director of The Center for Dermatology, Cosmetic & Laser Surgery in Mt. Kisco, New York, says, "Sunscreens and sun protection factors (SPF) generally work in one of two ways. Either they'll have a chemical filter that acts a little like a sponge in that it absorbs the harmful UVA and UVB rays and converts them into infrared heat, or they'll act as a physical barrier, usually containing zinc oxide and titanium oxide, reflecting the rays away from the skin before they get a chance to do any damage."

He also reminds us to reapply sunscreen every two hours. Don't forget to apply sunscreen before you get out into the sun — slather it on at least 20 minutes before you go outside.

### Topical and oral antioxidants

Dermatologist Dr. Debbie Palmer, co-author of *The Dermatologists' Prescription for a New You!* and founder and creator of REPLERE, a natural, antioxidant-based skin care line, suggests protecting your

skin from the sun from the inside out by not only by applying topical antioxidants, such as REPLERE Day Lotion, but also by "ingesting oral antioxidants, like the REPLERE Beauty Shooter, to neutralize the harmful effects of the sun." She also recommends using a zinc oxide and titanium dioxide sunscreen as these ingredients are anti-inflammatory and offer broad-spectrum coverage.

Dr. Heather Woolery-Lloyd, co-founder of Specific Beauty adds, "Topical antioxidants such as green tea and vitamin C protect from free radical damage from the sun. They have been proven to make sunscreens work better because most sunscreens block 97 percent of the sun's rays. Using a topical antioxidant can prevent the free radical damage from the residual UVB that does get into the skin."

## **Seek shade**

Even if you're spending your vacation at the beach or you work outside for the majority of the day, seek out some shade whenever possible. Pack an oversized umbrella for your trip to the beach or the park so you're not exposed to direct sunlight all day and take breaks from the sun whenever possible.

## **Check your skin**

If you're exposed to the sun for long periods on a regular basis, it's important to have your skin checked out regularly. Dr. Susan Stuart, board-certified dermatologist of La Jolla Dermatology, says, "See your dermatologist for any unusual skin growths that grow, bleed or change color or shape as [they] may be early skin cancer."

# Life & Style WEEKLY

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**SANDRA'S DEVASTATED**  
She wanted Jesse's baby

SURGERYUPDATE

## Laser hair removal fact or fiction

Life & Style asks the experts to reveal the bare truth



It's best to start treatments **now** for summer.

**FACT!**

For a stubble-free beach body like PARIS HILTON's, New York-based cosmetic surgeon Dr. Andrew Jacono recommends starting laser treatments (roughly \$300 per session) several months ahead of time. "Multiple sessions a few weeks apart are required, so give yourself some lead time," says Dr. Jacono.

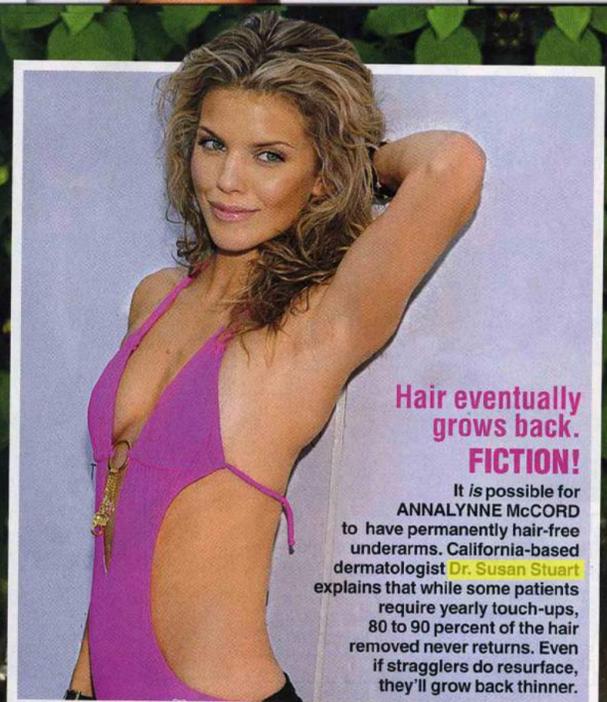


"I pretty much laser my whole body. I'm like a little hairless Chihuahua."

—Kim Kardashian

Laser hair removal is safe for all skin tones.  
**FICTION!**

"For very dark skin, laser hair removal can result in hyperpigmentation [discoloration of the skin]," says Dr. Jacono. But the Nd:YAG laser and others like it may lessen this effect, say dermatologist Dr. Cheryl Lee Eberting. It has a wavelength that's "long enough to heat the hair follicles deeper in the skin without targeting the pigmented cells on the surface."



Hair eventually grows back.  
**FICTION!**

It is possible for ANNALYNNE MCCORD to have permanently hair-free underarms. California-based dermatologist Dr. Susan Stuart explains that while some patients require yearly touch-ups, 80 to 90 percent of the hair removed never returns. Even if stragglers do resurface, they'll grow back thinner.



Hair removal has immediate effects.  
**FACT!**

Dr. Eberting says lasers will get rid of up to 20 percent of targeted hair in one session, but since the procedure targets only growing hair, it's impossible to reach all follicles at once. That's why shaving (not waxing and plucking, which remove the whole hair shaft at the root) is recommended between sessions for a bikini-ready look like WHITNEY PORT's.



The science behind laser hair removal

Here, Dr. Stuart uses the Candela GentleLase Plus laser, which directs a pulse of intense concentrated light to the melanin (or darker pigments) in the follicle. The light damages the follicle, stunting hair growth.

rumors of cheating



# Men's Fitness

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## **What a pain**

I want a tattoo. Where will it hurt the most to get one?

No surprise here: Your privates are the most painful place for body art, says **David Goldberg, M.D.**, a New York dermatologist. "There are more nerves per square inch there than anywhere else in the body," Goldberg explains. The nerve endings in the area are also especially close to the skin's surface, making them extra sensitive to trauma.

Still have your heart set on that red-dragon tattoo? Slap it on your back. The skin there is much thicker and has significantly fewer nerve endings, making it the perfect place for that tat.

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