

GREAT SKIN!

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KISSABLE LIPS

How to protect your lips and make them smooth, healthy and irresistible

By Dana Baardsen

Every girl dreams of putting Angelina Jolie's pout to shame. But kissable lips are about more than looks. They're also touch and feel and... taste. Why do lips matter? What actually happens when you kiss someone?

“When we kiss, all five of our senses are busy transmitting messages to our brains,” writes Sheril Kirshenbaum in *The Science of Kissing*. “Billions of little nerve connections are at work, firing away and distributing signals around our bodies.” Lips in particular, she writes, are “packed with nerve endings, they are extremely sensitive to pressure, warmth, cold and indeed to every kind of stimulus ... Just a light brush on them stimulates a very large part of the brain—an area even more expansive than would be activated by sexual stimulation below the belt. This means our lips are our most exposed erogenous zone!”

Fortunately, you can adopt these habits right now to ensure your lips are always at their sweetest.

“ANY MAN WHO CAN DRIVE SAFELY WHILE KISSING A PRETTY GIRL IS SIMPLY NOT GIVING THE KISS THE ATTENTION IT DESERVES.” — ALBERT EINSTEIN, QUOTED IN THE SCIENCE OF KISSING

MOISTURIZE FROM THE INSIDE OUT

“Well-moisturized lips generally look fuller and feel better,” says Dr. Kleinerman. The best way to moisturize from the inside out and prevent dry lips, she says, is to drink plenty of water and eat fresh fruits and vegetables. If good dietary habits don’t do the trick, she recommends applying over-the-counter vitamin A and D cream.

EXFOLIATE

Yes, even lips benefit from a little sloughing. Nobody wants to feel like he’s kissing sandpaper. Exfoliation is a critical step in attaining softer, kissable lips. Try lightly sweeping your toothbrush over your lips while brushing your teeth. Or try a little sugar: Splash warm water onto a small sugar clump in your palm. Then, use your index finger to massage the warm sugar onto your lips. Rub lips together for about a minute and rinse. This will leave your lips silky smooth and sweet! Dr. Kleinerman cautions, “Careful exfoliation of dry skin can be helpful in making lips look more uniform, but it’s important to do so in conjunction with a good moisturizer. I advise patients not to overdo it, especially in the winter, because too much exfoliation can be counterproductive.”



STOP LICKING AND START PROTECTING

Nothing is more of a turnoff than chapped lips. Your partner may crave your kiss, but if he's wiping shards of your dry lips from his mouth, he may not lean in for a second smooch. New York City-based dermatologist Rebecca Kleinerman recommends steering clear of lip licking. "It's easy to lick your lips when they feel dry, but saliva can be an irritant, and lip licking can lead you into a cycle of lip irritation and dryness." She recommends carrying a lip moisturizer with SPF, even in the winter months. Keep it simple: "Sometimes lip products with menthol, camphor, fragrance and other additives can cause irritation and make lips feel raw."

PLUMP UP WITHOUT INJECTIONS

You don't need Botox to get full plump lips. "Aesthetically, a fuller lip tends to be associated with a more youthful look since we lose volume in our lips as we age," says Dr. Kleinerman. "But you have to be careful with cosmetic lip enhancement because an overfilled lip can look distorted. There is a real art to lip-filler treatments, and proportions must be maintained."

How can you attain full-looking lips without injections? One tip: Add a few drops of peppermint oil to a dollop of petroleum jelly (such as Vaseline) and massage onto lips. Petroleum jelly won't irritate lips, and peppermint oil increases blood flow in the lips. Result? A naturally plump, full-lip look.

CREATE A FULL-LIP LOOK USING MAKEUP FOLLOWING THESE STEPS:

1. Pat a tiny amount of skin-color makeup or foundation onto lips.
2. Trace the edges of your lips with your favorite lip liner.
3. Fill out your lips with your base (main) lip color, which should be a few shades lighter than the liner.
4. Blot a tiny amount of skin-color makeup or foundation onto the middle of your bottom lip. This creates a lip-plumping effect.
5. Blend or pat where needed; finish with a silky coat of shimmery mint lip gloss.

"ABOUT TWO-THIRDS OF US TILT TO THE RIGHT WHEN WE APPROACH FOR A KISS" —THE SCIENCE OF KISSING

Now that your lips feel and look completely kissable, Dr. Kleinerman says there's one more thing you must remember: "A smile always makes lips look sexier!"

DIY JESSICA PARÉ'S HOLLYWOOD GLAM MAKEUP

By iVillage Staff

"I wanted to keep the look elegant but still young and approachable," says celebrity makeup artist Kate Lee of the face she created for Mad Men star Jessica Paré. "I settled on the perfect orange-red mouth with a defined, groomed brow and full, luscious lashes."

Lips: Precisely apply Chanel Rouge Allure Luminous Intense Lip Colour in orange-red Coromandel.

Eyes: Define the eye socket with Laura Mercier Matte Eye Colour in pinkish-brick Ginger. Line inner lids with Chanel Le Crayon Khôl Intense Eye Pencil in nude Clair, then sweep on Chanel Le Volume de Chanel mascara in Noir.

Skin: Prep skin with Chanel Hydra Beauty Sérum followed by Laura Mercier Foundation Primer Radiance for luminosity. Apply Chanel Vitalumière Aqua Ultra-Light Skin Perfecting Makeup, plus small amounts of Make Up For Ever Uplight Face Luminizer Gel to the cheekbones, bridge of nose and jawline.

ARE BEAUTIFUL WOMEN CONFORMISTS?



Just because you're beautiful doesn't mean you're good, even though you're likely to be perceived that way, found researchers in Israel. Women rated as attractive were perceived to be extroverted, open to experience and conscientious. But then the researchers asked the attractive women themselves about their own values. High on the list? Conformity, submission to social expectations and self-promotion.

THE POWER OF TOUCH

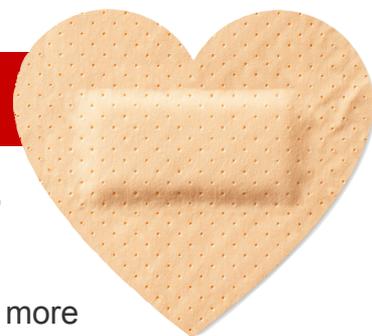


WHY GINGERS NEED TO CHECK MOLES

Just being a redhead, even if you don't spend a lot of time in the sun, may increase your risk of getting melanoma, the deadliest form of skin cancer, suggests a study that looked at the genetics of animals with red hair. The animals were more likely to have a genetic mutation that slightly increases the risk of melanoma. Whether it's true in humans hasn't been established yet. But if you are fair-skinned, have blond or red hair, or sport freckles, it's a good idea not only to be sun-safe, but also to learn how to spot a suspicious mole. A change in the shape, color, size or feel of an existing mole, or the appearance of a new mole, may signal melanoma. If you suspect anything, let your doctor or dermatologist take a look.

A TRUE OUCHLESS BANDAGE?

Nobody likes ripping off a bandage, but it's a serious concern for vulnerable people such as preemie babies and elderly patients. In fact, more than 1.5 million injuries each year result from removing medical tape. Now, researchers at Brigham and Women's Hospital in Boston have invented a new kind of adhesive tape that doesn't stick to the skin when you peel it off. Instead, it leaves behind a thin sticky residue that you can rub off easily with a finger.



Being born prematurely is stressful, but preemies whose moms regularly stroke them feel better. Researchers in Great Britain studied moms who stroked their babies' heads, backs, arms and legs on a regular basis, starting soon after birth. By seven months, the babies who were stroked had fewer expressions of fear and anger and a lower heart-rate response to stress compared to other preemies. The researchers will check up on the babies over time to see if the benefits of touch continue to show themselves as they grow.

Get Party Ready with These Natural Makeup Must-Haves

By iVillage Staff

BEAUTY WITHOUT CRUELTY NATURAL INFUSION LIPSTICK

Pop this moisturizing wax-based lipstick into your clutch and you can touch up the lovely color again and again without worrying about dryness, flaking or product buildup. One more thing not to worry about? None of the brand's products have been tested on animals.

GET IT NOW:

Beauty Without Cruelty
Natural Infusion Lipstick,
\$16.63 at Vitacost.com



PHYSICIANS FORMULA HAPPY BOOSTER GLOW & MOOD BOOSTING BRONZER & BLUSH

For bronzer to look natural in the colder months, it can't be too deep or too sparkly, and you always want to add a dusting of blush at the end for balance. Enter this adorable palette from Physicians Formula. With the perfect glowy bronzer and three flattering shades of blush (use them separately or swirled all together), it's a snap to get a believably beautiful glow.

GET IT NOW:

Physicians Formula Happy Booster Glow & Mood Boosting
Bronzer & Blush, \$13.95 at PhysiciansFormula.com

ILIA MASCARA

If colored mascara makes you think of the outrageous '80s, it's time to take another look. With shades like Asphalt Jungle (concrete gray) and Shadow of a Doubt (ashy brown), these new mascaras from cult-favorite natural lipstick line Ilia are utterly sophisticated. For parties and date nights, our favorite shade is Macao, a coppery hue that catches the light and creates a glow around your eyes.

GET IT NOW:

Ilia Mascara, \$24 at IliaBeauty.com

JOSIE MARAN ARGAN BEAUTIFUL EYES

Besides the inclusion of ultranourishing argan oil, what we love most about these shadow palettes from eco-beauty queen Josie Maran are the powder liners. In shades that complement each quad's colorway, the liners go on silky smooth with an angled brush and can be used wet on the waterline for evening-out intensity.

GET IT NOW:

Josie Maran Argan Beautiful Eyes, \$36 at Sephora.com

VAPOUR ORGANIC BEAUTY ELIXIR LIP GLOSS

While most eco-beauty lip products are stains, creams or balms, sometimes you just want that seductive, sparkly shine of a gloss. This formula from Vapour is made with 70 percent organic ingredients and 30 percent pure mineral pigments, plus beeswax for extra hydration. As for colors, we're feeling the warm nude Hush shade. It's the ideal contrast to sexy, smoky eyes.

GET IT NOW:

Vapour Organic Beauty Elixir Lip Gloss, \$20 at SpiritBeautyLounge.com



JANE IREDALE WHITE/PINK HIGHLIGHTER PENCIL

We've all heard makeup artists talk about the transforming power of a little highlighter, and this two-sided pencil is a foolproof way to heed their advice. Dab it at the inner corners of the eye, above the brow bone, at the top of the cheekbones and even along the lash line. Start with the pink side for a subtler effect, then graduate to the white for angelic light reflection.

GET IT NOW:

Jane Iredale White/Pink Highlighter Pencil, \$15.50 at Janelredale.com

HAPPY FEET

A heel-to-toe guide to keeping your tootsies healthy in cold weather

By Maura Rhodes

Sandal season is long over, but feet need tender loving care even when they're tucked into socks and boots. Bears may benefit from hibernating, but piggies don't. Here's how to keep your feet healthy and pretty all winter long.

GIVE DRY, CRACKED SKIN THE RUNAROUND

Your feet are just as susceptible as other parts of your body to the skin-parching effects of cold, dry winter air. The result can be skin so dry, especially on your heels, that it becomes unsightly, annoying (think snagged socks and tights) and potentially unhealthy. “Cracks and fissures can allow fungus or bacteria to move in,” says podiatrist Carolyn McAloon, D.P.M., president-elect of the California Podiatric Medical Association, “so it’s vital to keep feet moisturized during winter.” First, use an exfoliating scrub, foot file or pumice stone to scrub away dead skin cells—especially on the heels. Next, slather on a thick cream. Products that contain petrolatum, like petroleum jelly or Aquaphor, are especially good choices.

EXERCISE CAUTION AT THE GYM

Moving your workouts indoors now that it’s cold? Then you may need to be extra careful about giving infections the slip. “Wear socks that wick sweat away from feet,” advises Dr. McAloon. “Don’t opt for cotton ones, which tend to stay wet once they get moist.” (In fact, non-cotton socks are a good idea all the time.) Shared showers and locker rooms are infamous breeding grounds for bacteria and fungus. “Whenever feet are exposed to shared public spaces—hotel rooms, airports and nail salons as well as gyms—they’re at risk,” advises Dr. McAloon. Bottom line: Never go barefoot in the locker room; wear flip-flops so your skin never has to touch the tiles.





SIDESTEP INFECTIONS

While it's important to keep feet moisturized, it's equally important to make sure they stay dry. Cracked skin can become inviting places for fungal infections, which thrive in dampness. Prevent the burning and itching of conditions like tinea pedis (aka athlete's foot) by keeping feet dry. After you bathe or shower, dry your feet thoroughly, especially between your toes, and if your feet tend to sweat in socks and shoes, sprinkle them with talcum powder. Those who are prone to fungal infections in general should "treat feet and shoes to a topical antifungal spray during the winter," recommends Dr. McAloon.

GIVE NAILS A WINTER BREAK

If you kept your toenails colorful all summer, now is a good time to give them a rest from the chemicals in polish and polish remover, says Dr. McAloon. Can't bear the thought of truly bare nails? Choose a natural polish that nourishes nails and helps keep fungus at bay, she suggests. And remember: Never polish nails that look thick or are discolored; these could be symptoms of a fungal infection, which polish can aggravate.

DON'T BE A CINDERELLA STEPSISTER

No prince is worth squeezing your feet into shoes or boots that are too small or too pointy. When toes are under constant pressure or friction from ill-fitting footwear, they can develop painful blisters or corns (thick, hard bumps that usually form on the tops of toes or between them). Corns can be a real struggle to get rid of. Some will go away following treatment with over-the-counter pads that contain salicylic acid, which helps to slough off the dead skin, but tenacious corns may require a doctor's care. Don't ignore them—come summer, unsightly corns won't look charming when you're ready to rock your sexy sandals.

BE SALON SAVVY

If you choose to have your feet pampered at a salon, follow the basic rules of pedicure hygiene. Bring your own clippers and file, ask that your cuticles be pushed back rather than trimmed (which can expose them to infection) and request that your nails be cut straight across to prevent them from becoming ingrown. It's also a good idea to schedule your pedi for first thing in the morning, when the foot spa basins are cleanest.



IS YOUR SKIN TOO CLEAN?

Ways to wash while preserving natural oils that are good for your skin, hair and nails

By Stacey Colino

We live in a culture that values cleanliness. We want our faces to shine, our hair to be free of oil and dirt, our nails pristine. We rub on antibacterial gels and lotions to keep our hands totally hygienic. But what if we are too clean for our own good?

“Many people tend to overwash,” says Doris Day, M.D., a clinical assistant professor of dermatology at New York University and author of *Forget the Facelift*. Maybe you do it because you don’t want to get sick or you think that clean skin looks especially fresh and young. But all that lathering, scrubbing and polishing can compromise the skin’s natural barrier function. “Your skin has its own immune system, its own ‘bouncer,’” says Dr. Day. “It’s designed to protect you from the outside world, and it’s poised to attack anything that does get through.” With overwashing, you may be stripping precious natural oils from the skin, leaving it prone to irritation and infection and increasing the risk of dry, flaky skin and more prominent lines and wrinkles.



IS YOUR SKIN TOO CLEAN?

Ways to wash while preserving natural oils that are good for your skin, hair and nails

By Stacey Colino

“When skin gets too dry, it becomes fragile and can become itchy,” says Barbara R. Reed, M.D., a clinical professor of dermatology at the University of Colorado Hospital in Denver. Scratching “can introduce some not-so-friendly bacteria into the skin and cause infection.” What’s more, says Dr. Day, the stratum corneum (the outer layer of skin cells) “helps with temperature control, water balance and sun protection.”

Hair may also benefit from a little less attention. Overcleansing your hair can lead to dry, frayed locks that break easily, as well as a parched, irritated scalp that can produce flakes that resemble dandruff. “A lot of times squeaky clean means too clean,” says Mark Garrison, owner-stylist at the Mark Garrison Salon in New York City. “When you hear your hair making a squeaky-clean sound, it means the cuticles are rubbing against each other, which can damage hair.”

Rest assured, you don’t have to banish soap or shampoo from your bathroom repertoire. You don’t need to go grunge. But you will want to take steps to clean your skin, hair and nails without overdoing it. Here’s how:

OVERCLEANSING YOUR HAIR CAN LEAD TO DRY, FRAYED LOCKS THAT BREAK EASILY



SAVING FACE

If your skin is oily, you may need to wash it two (sometimes three) times per day with a gel-based cleanser. As we get older, however, our skin tends to become drier, in which case it's best to use a creamy cleanser that doesn't foam just once or twice per day. (If you cut down to washing once a day, do it at night and simply rinse your face in the morning.) "Use warm or cool water, not hot, which depletes the skin of oils, some of which are necessary to maintain adequate moisture in the skin," advises Dr. Reed. Keep your exfoliating habits in the moderate zone (a max of once a week) so you don't remove too much of the stratum corneum. If your skin is dry or sensitive (a tip-off: it stings easily), avoid products that contain glycolic or salicylic acids and look for those with soothing plant seed oils or antioxidants instead.





NAIL TLC

It's smart to wash your nails and cuticles with soap and water just as you do the rest of your hands. But you should moisturize your hands and cuticles afterward with a cream that contains an emollient (such as vitamin E or ceramides) to soften the skin. Remember, too, that the harshest cleansing agent for your nails is acetone in nail polish removers. "Acetone is the best way to strip oil off your skin, and that includes your nails," Dr. Reed says. "If your nails are dry, you should consider switching to a non-acetone polish remover." Otherwise, simply counteract the drying effect by applying hand cream after washing.

A GRACE PERIOD FOR YOUR HAIR

Unless your hair is oily, consider shampooing it less frequently—perhaps every two or three days (even once a week if your hair is very dry). In between, you can simply wet and condition your hair before restyling it. On days when you do shampoo, try what Garrison calls "conditioning in reverse": Apply conditioner to dry hair and let it sit for five to 30 minutes; then, get in the shower, dampen your hair, lather up with a small amount of shampoo and rinse. "This approach lets the hair soak up the moisturizing lipids and strengthening proteins from the conditioner and cuts the drying impact of the shampoo," Garrison explains. If your hair is on the dry side, avoid shampoos, conditioners and styling products that contain sodium laurel sulfate or isopropyl alcohol, which can be very drying to locks.

RUNWAY TO REAL LIFE

How to steal the best beauty trends from this season's designer shows

By Ashley Fodor



**RUNWAY:**

Marni was blunt about the direction bangs are heading this season. Her models' heavy 1960s-style fringe gave a nod to Marianne Faithfull and made it clear that when it comes to bangs, the bolder the better.

REAL LIFE:

If you're blessed with an oval face, you probably won't regret getting a lash-sweeping style—but other face shapes might not fare as well. Avoid crying into a glass of pinot after your salon visit by seeing how bangs look on you before you make the cut. Upload your picture to our instant makeover tool and try on dozens of fringed hairstyles first. Then print out your favorite and bring it to the salon.

RUNWAY:

Fashion week offered up one guilty pleasure after another as models walked the runway flashing metallic nails in every finish imaginable. The manicures at Behnaz Sarafpour, for example, were feminine yet futuristic, and the long oval press-ons had a high-shine mirror effect.

REAL LIFE:

Metallic nails are easiest to replicate with a sprinkle of glitter. If sparkle isn't your thing, try a soft chrome polish on short nails, finished with a glossy top coat for richness and warmth.



RUNWAY:

Bow-topped headbands at the Tory Burch show were equal parts feminine and flirty. The accessories' lustrous metallic finishes added a luxurious touch to top off loose buns and ladylike twists.

REAL LIFE:

To create Burch's sophisticated combo (minus a new-accessory investment), gather your hair into a soft bun and secure it with visible silver bobby pins. Then affix a jeweled broach to a simple black headband in velvet or silk and slip on.



RUNWAY:

Black and white polka dots danced their way across midlength almond-shaped nails at Kate Spade. The pattern single-handedly gave nail art a graceful twist and embodied the collection's femininity.

REAL LIFE:

Painting polka dots can be tricky for those who didn't score an A in art class. If you don't have a steady hand but want to DIY your mani, try this two-step take: Start with a glossy black manicure and decorate just your ring finger with eight white polka dots (or any bright shade of your choosing).



RUNWAY:

Models went nude at Ralph Lauren—at least when it came to their faces. The designer's beauty look emphasized an even complexion, a soft pink flush and rosy lips.

REAL LIFE:

If only all of us could look like we were walking the runway when we leave the house without makeup. Alas, the cosmetics-free look usually requires a little stealthy assistance from a makeup kit. Focus on perfecting your complexion with an illuminating tinted moisturizer that will instantly even out your skin tone and add lit-from-within luminosity. A lip and cheek tint plus a few swipes of mascara and you're flawless in five minutes flat.



RUNWAY:

Models at Jason Wu wore pulled-tight ponytails wrapped in patent-leather bands. Suitable for a warrior princess, the powered-up ponies were both sexy and strong when finished off with slick, high-shine hairspray.

REAL LIFE:

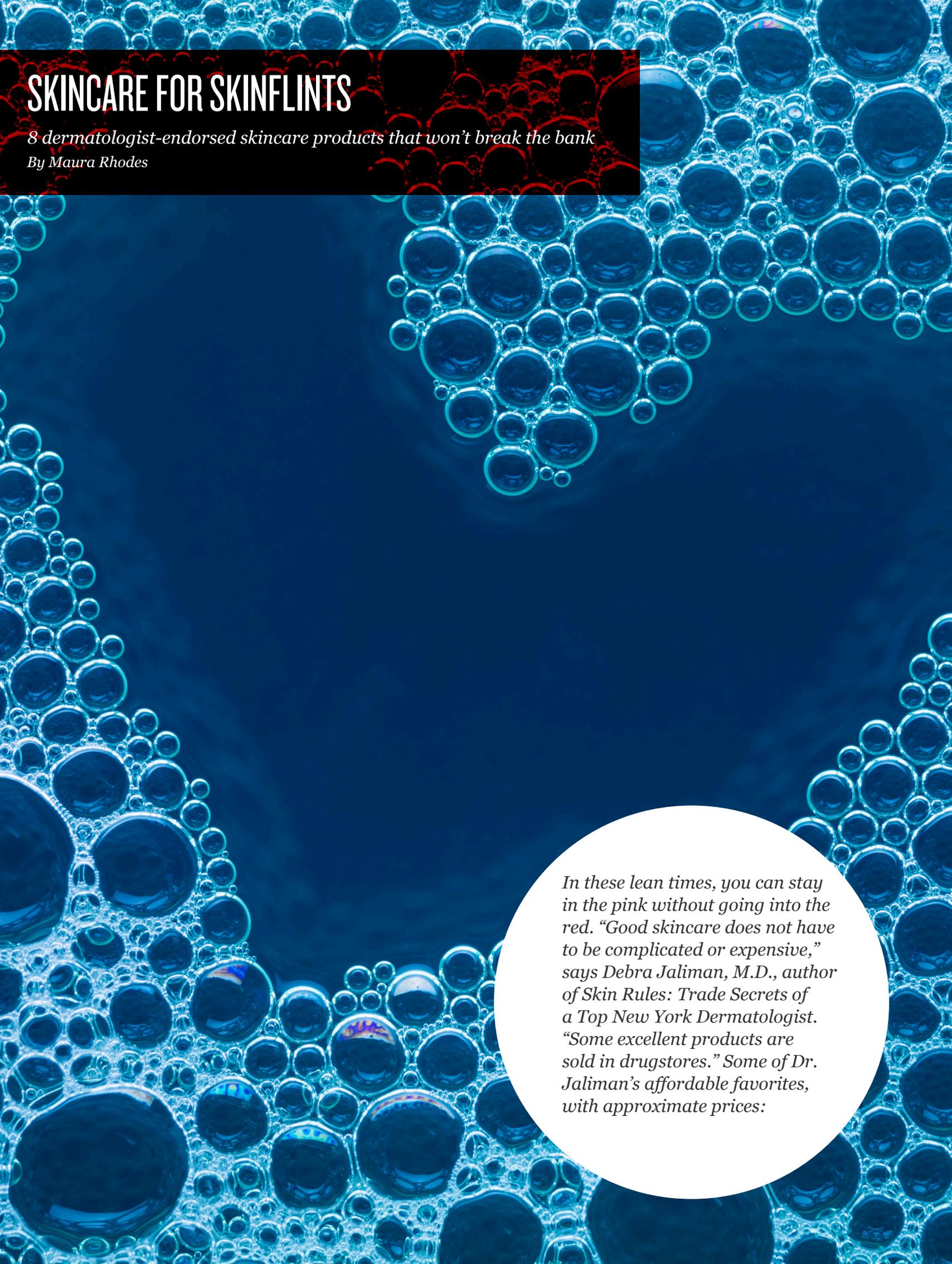
For a more approachable take, wrap a patent-leather ribbon around a looser, lower ponytail to offset the strong hair accessory.

RUNWAY:

The platinum blond hair at Paco Rabanne pushed extreme color to the limit and redefined blond ambition. Getting the look takes a complete high-lift color process with bleach to remove pigment from strands, followed by a toner to neutralize the tint and give it an icy, buttery glow.

REAL LIFE:

Going platinum is a major commitment (root touch-ups every three weeks). If you don't want to be a slave to your hair, partial highlights in a variety of blond hues, including a few platinum-pale wisps and lots of golden pieces, are most flattering and easiest to maintain.



SKINCARE FOR SKINFLINTS

8 dermatologist-endorsed skincare products that won't break the bank

By Maura Rhodes

In these lean times, you can stay in the pink without going into the red. "Good skincare does not have to be complicated or expensive," says Debra Jaliman, M.D., author of Skin Rules: Trade Secrets of a Top New York Dermatologist. "Some excellent products are sold in drugstores." Some of Dr. Jaliman's affordable favorites, with approximate prices:

SKIN CLEANSER

“It’s not expensive to make a cleanser, so don’t waste your money on a pricey one,” says Dr. Jaliman. “It’s just going to get washed down the drain.” She recommends cleansers designed to moisturize.

BARGAIN BUYS:

Neutrogena Extra Gentle Cleanser (6.7 ounces, \$6.50) is a non-soap formula that includes soothing chamomile and vitamin E. CeraVe Hydrating Cleanser (12 ounces, \$12) contains ceramides—lipids that help skin retain moisture.



WRINKLE SMOOTHER

One of the most effective treatments for aging skin is retinoic acid, or tretinoin, found in prescription-only products like Retin-A and Renova. This product, derived from vitamin A and originally formulated to combat acne, helps skin cells turn over faster, which diminishes the appearance of lines, wrinkles and dark spots. A prescription for Retin-A can cost big bucks—and often insurance won’t cover it if you are no longer a teenager or young adult. But you can glean the benefits on the cheap, according to Dr. Jaliman. Dozens of over-the-counter anti-aging products contain retinol, a less potent form of retinoic acid, which can be just as effective at erasing wrinkles and fading age spots. The human body converts retinol to retinoic acid anyway, she says, so “you’re better off using an over-the-counter product.”

BARGAIN BUYS:

Neutrogena Rapid Wrinkle Repair Serum (1 ounce, \$21) contains retinol as well as hyaluronic acid, a natural substance in skin that helps it retain moisture. Boots #7 Protect and Perfect Intense Beauty Serum (1 ounce, \$23) boasts not only retinol, but also antioxidants to protect skin from environmental damage and peptides to help keep it supple.



HAND MOISTURIZER

Hands can become especially dry in winter, when cold air leaches moisture from skin and frequent hand washing becomes a must for cold and flu prevention. While drugstore shelves are packed with hand-moisturizing products, choose wisely: Creams do a better job than lotions, which contain a lot of water and can evaporate quickly in cold dry air, leaving hands parched and tight.

BARGAIN BUYS:

Dr. Jaliman recommends Vaseline Intensive Rescue Healing Hand Cream (3 ounces, \$4.50). "It contains exactly the same ingredients as a hand cream dermatologists often prescribe—and those can cost a hundred bucks," she says.

TOTAL BODY TREATMENTS

Dry skin can be itchy, flaky and icky. Combat it with a moisturizing body wash, a rich all-over moisturizing body product—or both. Get the most out of a post-bathing product by slathering it on as soon as you get out of the tub or shower, while your skin is still damp, so it can help seal in that moisture.

BARGAIN BUYS:

Nivea Touch of Cashmere Cream Oil Body Wash (16 ounces, \$6) combines sunflower oil and cashmere proteins to clean skin without stripping its natural oils. For post-shower moisturizing, Dr. Jaliman recommends Aquaphor Healing Ointment Advanced Therapy Skin Protectant (14 ounces, \$17). The main ingredient is petrolatum, which forms a protective layer on skin to keep moisture in and irritants out.

ACNE TREATMENT

For persistent breakouts, visit a dermatologist, but to oust the occasional pimple, an over-the-counter product containing salicylic acid should do the trick. Salicylic acid is a keratolytic, which means it helps to exfoliate skin and unclog pores.

BARGAIN BUYS:

Clean and Clear Advantage Acne Spot Treatment (.75 ounce, \$7.50) includes 2% salicylic acid, plus other ingredients that help to dissolve sebum—the oily stuff that can gunk up pores and leads to blemishes.

BEAUTY RESCUES

Fast fixes for common beauty glitches

By Maura Rhodes

Perfect dress: check! Gorgeous blowout: check! Wine for the hostess: check! Big red bump on your chin: what?! No matter how carefully you prepare for a holiday event, anything can happen to derail your look, from a zit to a curling iron burn to a self-tanning disaster. Despair not, party girl! These quick rescues for common beauty bloopers won't cure them, but they will help you get out the door looking your prettiest.

BLOOPER #1: AN EMERGING PIMPLE**WHAT YOU CAN DO:**

While you can't make a pimple disappear in a few hours, you can make a surfacing bump less noticeable by dabbing it with a bit of toothpaste, says New York City-based dermatologist Debra Jaliman, M.D. "The white kind—not a gel," she says. "It will help to start drying up the pimple." Follow that up with a drop of Visine (use a formulation for redness, not for tired eyes). Visine is a vasoconstrictor—it constricts blood vessels—which can make the area where the pimple is forming look less red and easier to hide with concealer. For a really big and ugly zit, call your dermatologist, who, according to the American Academy of Dermatology, can inject a corticosteroid into a large acne cyst to make it go away faster.

**BLOOPER #2: A CURLING IRON BURN****WHAT YOU CAN DO:**

While a turtleneck will certainly hide a hickey-like lesion that results from a slip of the curling iron or hot rollers, chances are you were planning to wear something a bit more revealing. If you happen to have an aloe vera plant, cut open a leaf and smear a generous amount of the clear gel that's inside on the burn. It helps stave off inflammation. You can also treat the burn with a bit of over-the-counter hydrocortisone cream, says Dr. Jaliman. Either remedy should help the burn appear less red so you can hide it with concealer.





BLOOPER #3: AN UGLY SHAVING NICK

WHAT YOU CAN DO:

First, apply direct pressure on the cut to stop the bleeding. This could take a few minutes, depending on how deep the nick is. You can also staunch bleeding with a styptic pencil, which contains an antihemorrhagic that causes blood vessels to constrict. (Warning: It will sting a bit when you first apply it.) Follow that up with an antibiotic ointment to prevent infection, says Dr. Jaliman. You won't be able to prevent a scab from forming (and you shouldn't!), but you can hide the nick with a bit of concealer. Make sure the nick is moist (dab on a little petroleum jelly) before you apply concealer so that it goes on smoothly.



BLOOPER #4: OVERPLUCKED EYEBROWS

WHAT YOU CAN DO:

So you went a little crazy with the tweezers. It happens! If you're handy with an eyebrow pencil, you can simply fill in the sparse spots with a shade that's as close to your natural brow color as possible. But if you have the luxury of a little time, Dr. Jaliman swears by Godefroy Instant Eyebrow Tint (\$13). "This stuff temporarily dyes the brow hairs you have left, making your brows look fuller," she says. "Order a shade lighter than you think you'll need; it tends to come out a little dark."



BLOOPER #5: SELF-TANNER GONE BAD

WHAT YOU CAN DO:

Self-tanner can do a lot for a winter-pale complexion, especially if you're planning to rock a strapless top or leg-revealing LBD. It can also be tricky—apply it wrong and you can wind up looking more stripy than sexy. Fix it fast by using a gentle exfoliator in the shower to remove the top layer of stained skin cells, then smooth on an instant bronzer to help even things out. Dr. Jaliman also recommends using hair color stain remover, which you can buy at a hair salon supply store or online. Some dye removers come as towelettes that you can gently dab on overly tanned areas.

BLOOPER #6: CHAPPED LIPS

WHAT YOU CAN DO:

Nothing can ruin a look more than lips that are so chapped and dry that lipstick bleeds into the cracks. If you've got a few days, keep a lubricating layer of petroleum jelly or Aquaphor on your lips and the surrounding skin at all times. That will let them heal and protect them from cold, dry air. Need a faster fix? Try Elizabeth Arden Eight Hour Cream Skin Protectant (\$20). This makeup artist fave combines petrolatum to moisturize, salicylic acid to gently exfoliate dry skin and vitamin E to soothe irritation and protect skin from more damage. "It will fill in the cracks immediately, so you can slick on your lipstick without bleeding," says Dr. Jaliman. So pucker up—and enjoy the party!

5 NO-FAIL STRATEGIES

By iVillage Staff

Reviewed by: Mary Ellen Luchetti, M.D., AAD





1. LET FASHION WORK FOR YOU

Allowing your own personal style to shine through when you have psoriasis can boost your self-esteem and put the focus on you, not your skin. To feel comfortable and confident in your clothes, start by choosing the right fabrics. “Wool, some acrylics and microfibers are irritating to inflamed skin,” says Susan C. Taylor, M.D., assistant clinical professor of dermatology at the College of Physicians and Surgeons at Columbia University. “Cottons and silks will not irritate the skin, and silk slides off inflamed skin easily. Fabric dyes can also irritate inflamed skin, so whites and light colors are best.” Light colors also help to disguise scales that are shedding from the skin.

2. TEAM UP WITH YOUR DERMATOLOGIST

“Be honest with your doctor about your health habits, your treatment goals, how well you think a therapy is working and whether or not it’s time to try something new,” says Aimee Bosland, health educator at the National Psoriasis Foundation (NPF). Keep a journal of your symptoms to show your doctor. Be sure to track your flare-ups, as well as stressful events preceding the flare, any new products you may be using and anything else that seems to worsen your symptoms. Inform your doctor of all medications and supplements that you take, any changes in your life (such as pregnancy) and any new or recurrent symptoms.

3. EDUCATE OTHERS AROUND YOU

“Is that contagious?” That’s the first thing most people want to know about psoriasis. Once you assure them it isn’t, folks typically become more understanding. If your child has psoriasis, call the school nurse or administrator to let them know that your child isn’t contagious and ask if the nurse can talk to the other students about the condition. Contact the National Psoriasis Foundation and ask for their School Action Packet, a presentation that explains what psoriasis is and includes letters about the disease for kids to take home.

4. CHILL OUT TO RELIEVE SYMPTOMS

“Anything cool can bring relief,” says Bosland. “People have told me they keep towels in their freezer and wrap themselves in them when they’re having a flare. Lukewarm oatmeal baths can be great for relieving itchy skin. And many people with psoriasis find it helps to apply olive oil right after a shower because it’s similar to the natural oils of the skin. Some people with scalp psoriasis apply olive oil at night and wear a shower cap to bed. These are inexpensive, safe approaches that just may help.”

5. COVER UP

Talk to your dermatologist about safe cosmetics that can help camouflage the redness and scaling of psoriasis patches. Lines such as Dermablend and Faye Mendelsohn offer a wide range of shades and formulations for thorough, natural coverage. Check with your doctor before trying any new cosmetics to make sure they don’t contain fragrances or other ingredients that could irritate your skin and possibly provoke a flare.



“What does Ms. Z look like?” I asked my 13-year-old daughter, Eliza, as I drove, en route to do some shopping. It was the day after back-to-school night, and Eliza asked what I’d thought of one her teachers, but I couldn’t remember what she looked like. I expected the basics: height, skin color, hairstyle. Instead, here’s what I heard:

“She has, like, not chocolate brown but just brown eyeliner. It’s either pencil or crayon-type pencil, and she has it on her upper lash line, and it’s three-quarters or maybe two-thirds of her eye, and it’s a little thinner in the inner area.

“The issue I have with it, the way she draws it on, it’s squared off instead of winged out. And the way she puts liner on her lower lash line is too thick. It just doesn’t flatter her eye shape. I’m sure her mascara is dark brown, not black. And she wears a little bit of lip liner, and it smudges when she talks. She wears a matte beige eye shadow, or it might be concealer caked on...”

There was more, but you get the picture. Too bad I didn’t: Even with such vivid details, I still couldn’t quite place who Ms. Z was. Unless someone’s makeup is outright garish, it’s unlikely to be the thing that makes her memorable for me. Eliza’s different. When we watch a movie together, her first comments are almost always about which actress had the best makeup. She never seems to tire of surfing YouTube tutorials about application technique, and she can spend hours experimenting with her massive collection of cosmetics.

Often she’ll come downstairs to show me a look she’s especially proud of: “Mom, do you like this shade on me?” or “Do you think this is a good lip shape?” (For the record, she doesn’t leave the house wearing a full face of makeup. She prefers to look “natural”—and even if she didn’t, I wouldn’t let her go to school with dramatically smoky eyes.) If she weren’t also an A



student with other interests, I might be a little worried that her passion for cosmetics is too consuming. I’m not sure where Eliza gets that passion. Certainly not from me. Sure, my friends and I all played around with makeup when we were her age. But I didn’t really

SHE WEARS A MATTE BEIGE EYE SHADOW, OR IT MIGHT BE CONCEALER CAKED ON...

care much about it, which may have been a good thing. As I recall, there was a clownishness about the way girls of my generation used makeup: the orangey foundation that stopped at the chin, the brightly hued eye shadow, the circles of blush. It was hardly flattering, neither subtle nor artful. Frankly, it didn’t matter to me.

My take-it-or-leave-it attitude toward makeup hasn’t changed much over the years. Sure, I’ve had my moments. I’ve been primped professionally a number



of times for work-related photo shoots and have often felt temporarily inspired by the transformation a real makeup artist can bring about, but my interest generally fades as quickly as a coat of cheap lipstick. It's so complicated! If there were a paint-by-numbers approach to applying makeup that I could follow, maybe I would keep it up. Otherwise, I'm a beauty school dropout.

Now, as I watch my daughter work magic with a

I WISH I HAD DEVELOPED A LITTLE MORE MAKEUP KNOW-HOW OVER THE YEARS.

mascara wand, I have to say I feel a bit jealous. I wish I had developed a little more makeup know-how over the years. I'm not sure why, but I think it's because, as Eliza says, "some people use makeup to cover up flaws and others use it because they like to experiment with it." She falls solidly in the second camp. (Did I happen to mention that she's really lovely? She was the cover baby on a national parenting magazine when she was 10 months old, and she's only gotten prettier; no flaws to deal with

there).

I, simply by virtue of my age, am coming around to realizing that I may want to join the first. After all, I am reaching the point at which the judicious application of the perfect shades of foundation and concealer could help to camouflage the lines and splotches that are an inevitable by-product of aging. A bit of color on my lips could help them appear less thin. So while I can't imagine that I'll ever invest in a pricey set of brushes or bother to learn how to make tiny dots along my lash line, I certainly do see the point in learning how to use, say, a neutral shadow to make my eyes look less tired. Don't expect to find me floundering in the makeup aisle at CVS, though, or even slicking samples on the back of my hand at Sephora. I'm not an experimenter.

As it turns out, I don't have to be. I have the perfect teacher living under my very own roof. When I asked Eliza if she thought I needed to wear more makeup, she said, in what I believe to be total and loving honesty, "You don't need to cover up anything, Mom. But I'm ready to do your makeup for you anytime."