

COSMOPOLITAN

Surprising Tips for Sharpening Your Lovemaking Skills

How Well
Do You
Know
Him/Her?
(A Quiz)

Roseanne:
Down to
Fighting
Weight
but Bigger
Than Ever

**The Latest,
Truest
Update on
What to Eat
and Avoid**

**A Plan for
Romance:**
Stop
Chasing So
He Can
Chase You

beauty helpline

Q. I keep hearing about alpha-hydroxy acids. Can you explain how they work?

A. Alpha-hydroxy acids (AHAs) are the latest scientific weapon in the war against wrinkles, fine lines, age spots, and sun damage. These natural substances (derived from fruits, plants, and sour milk) work by loosening glue-like attachments in the upper dermis, causing dull, dry, dead skin cells to flake off, explains New York City dermatologist Alan Kling. **Result:** fresher, smoother, more-even-in-skin-tone complexion. AHAs don't irritate like such previous antiaging ingredients as Retin-A did, so they can be used without danger of redness, burning, or photosensitivity. See a dermatologist for a prescription and treatment program, or try one of the new AHA-based beauty products: Prescriptives' All You Need, Estée Lauder's Fruition, and Avon's Anew.



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● **Salicylic acid** is chemical (as opposed to *mechanical*) exfoliant. Look for products that contain it.

● **At-home chemical peel:** Puree one papaya in blender, then apply like mask; enzymes eat away dead top layer. (Pepto-Bismol has same effect.)

● **Say adios** to sun-worshipping days... It's time to start thinking about complexion's *future!* If you *must* bake, be sure to apply lotion with SPF 15 (or higher) twenty minutes before exposure; reapply every two hours.

● **Tanning parlors** are even *worse* than real sun—emit stronger UVA rays. Avoid!

● **Squinting, frowning, frowning,** cause *permanent* creasing. To break such bad habits: Whenever you're alone, place piece of tape over each area involved—that sharp little tug will soon teach you to stop.

● **Dislodge blackheads** with tomato slices. Drape over nose, chin, forehead, for ten minutes.

● **Mask** that makes skin soft, kissable: Mash a banana and spread all over face. Leave on ten minutes, then rinse with cold water.

● **Custom-blended foundation** is a godsend—and worth the money. (Lets you fake perfect complexion.)

● **Vitamin C** boosts production of healthy epidermal cells. Take 1,500 milligrams daily.

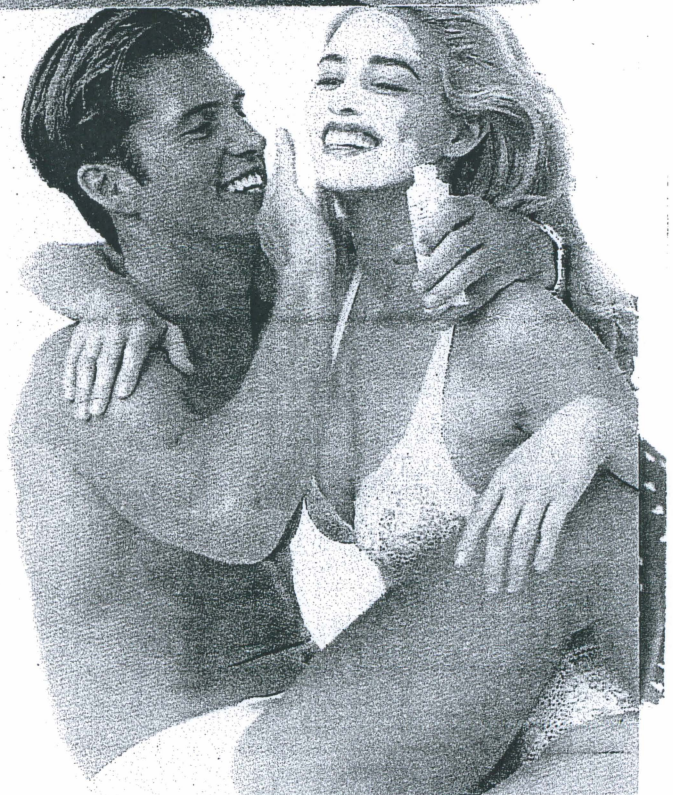


making love to your skin

Exercise equals at—which eges pores of ris. Wipe face n toner- nched cotton immediately forward.

● **Alpha-hydroxy ointment**—trend dermatologists for everything wrinkles to pimples—is now available at the drugstore. (Peels away surface dermis.)

● **Zany zit zappers:** sliced garlic, milk of magnesia, nail-polish remover. Take your pick; press into blemishes.



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PAGE 216: H₂O PLUS GLOVES. PAGE 217: LA PERLA NEGLIGEE; BARNEYS NEW YORK BOXERS; MATRIX SKINCARE REVITALIZING MASQUE.

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Q: I have pussy, red bumps under my arms from shaving that burn and sting when I put on deodorant. What causes this?

A: The problem you describe is called folliculitis. It occurs when bacteria (from air or previous use) settle on razor; when you shave, infection-causing matter is injected into pores and follicles. Sweating and/or applying deodorant or antiperspirant to irritated skin may further aggravate the condition. To clear, New York City dermatologist Alan Kling suggests taking a break from shaving and using antibacterial lotion (Bacitracin, Polysporin) twice daily. If rash persists for longer than one week, see a dermatologist—she may prescribe topical cortisone cream or an oral antibiotic. Once bump-free, prevent recurrence by shaving at night—gives underarms time to heal before product is applied. Be sure to saturate hair with water prior to removal so that it will cut easily. Also, clean razor well when finished, then store in airtight plastic bag. Always use antiperspirant high in aluminum chloride (incredible sweat blocker!). Or check out crystal deodorant stones (available in health-food stores)—these work naturally, via mineral salts. 

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PIMPLES: Why you still have them and what you can do!

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HOME AND HIGH-TECH HELP

Proper cleansing is *crucial*. Use gentle, soap-free product twice daily—doesn't matter which one, just that you use it! Follow with oil-free, over-the-counter acne medication (choose gel form) containing benzoyl peroxide, camphor, salicylic acid, or sulfur—all kill bacteria on skin's surface. ("Natural" buffs: Honey does same thing—apply like mask for ten minutes, then rinse.) You might try a clay mask once a week to dry up oil too, but avoid exfoliants—scrubbing action may actually spread infection.

This basic routine can be supplemented at the dermatologist's office via more-intensive methods. Most popular is **Retin-A**—works by thinning out top layers of skin, so blackheads and whiteheads "fall off," explains New York City dermatologist Alan Kling. Results are evident after about four weeks of daily use; sunscreen is mandatory during treatment. **Topical antibiotics** (clindamycin, erythromycin) are often prescribed alone or in conjunction with Retin-A. These work by destroying bacteria, thereby sterilizing skin. Medications with prescription levels (more than 10 percent) of benzoyl peroxide have similar effect. In severe cases, **oral antibiotics**—tetracycline, Accutane—are prescribed, but only if patient has no intention of conceiving soon (can cause *severe* birth defects). A new three-step in-office plastic-surgery procedure—called **microderm**—is another option. First, skin is "dermaplaned"—less-intense form of dermiabrasion—in which just top skin layer is sanded away (no blood is drawn). Next, acid solution is applied (gets into pores and loosens dead debris). Finally, dry ice is used to burn away bacteria. Whole treatment takes fifteen minutes and requires no "down" time—makeup will cover redness, so you can go right back to work, notes New York City plastic surgeon Barry Weintraub, who performs the procedure. You return three more times (every other week) and use Retin-A at home... voilà: gorgeous, blemish-free skin!

