

THE BEACH ISSUE! DOS, DON'TS AND DOUBLE DON'TS

GLAMOUR

JULY 2008

CHARLIZE
Happiness
after a
shattered
childhood

101
racy
little sex
ideas

For you, for him,
for every night this
summer, p. 166

**Summer
of steals!**

The best clothes,
bags, jewelry & more...
for \$50, \$20, free!

12
good
ways
to be a
little bit
bad

20
FOODS
THAT
FIGHT
CANCER

**EVERYDAY
PERFECT SKIN**

Look so good
you won't need
makeup!

\$3.99US \$4.99FOR



www.glamour.com

The scariest
money mistake
women make
(it's not shoes!)

Perfect skin every day

Breakthrough products that make foundation, concealer and powder completely optional



YOUR PROBLEM:	ONE LIKELY SUSPECT:	THE NEW FIX:
Annoying little lines	Sun exposure. You may not bake on the beach (yay, you!), but you're still sacrificing your face to the wrinkle demons if you skip daily SPF. UVA rays break down collagen, which keeps skin smooth and firm.	 A broad-spectrum SPF and, at night, a serum to help speed up collagen production. Our pick: Lancôme High Résolution Collaser-5X (\$65, lancome-usa.com).
Dryness and/or puffiness	Partying a few nights in a row. "Alcohol is dehydrating," says NYC derm Sapna Westley, M.D. Booze can also trigger an inflammatory response, hence the eye bloat (isn't milk sounding great right about now?).	 Try a few days without alcohol. And slather on a cream with a humectant like hyaluronate to lock in moisture. Our pick: Chanel Hydra-max + Active Cream (\$65, chanel.com).
Skin that's dull—as in, utterly glow-less	Lack of sleep. Overnight, skin repairs itself from pollution and sun damage. "I keep seeing young women who get only six hours," says Palm Beach derm Kenneth Beer, M.D., "which is not enough repair time."	 Sleep more! A night cream with niacinamide will also help skin recover from damage. Our pick: Olay Definity Night Restorative Sleep Cream (\$25, at drugstores).
Breakouts	Stress. "Many of my acne patients had clear skin as teens," says Dr. Westley. "Stress is a big factor." It amps up cortisol, a zit-inducing hormone. Since anxiety weakens the immune system, breakouts take longer to heal.	 Distress with music or exercise, and use a cleanser with salicylic acid. Our pick: Neutrogena Healthy Skin Anti-Wrinkle Anti-Blemish Scrub (\$7, at drugstores). —STEPHANIE HUSZAR

Q

"I have really big pores on my face. What can I do?"

—E.O. HIKONE, JAPAN

A: Keep them clean—oil-clogged pores look larger, says Alicia D. Zalka, M.D., a derm in Danbury, Connecticut. Exfoliating helps to get out gunk and, bonus, it polishes skin, which gives the illusion of more refined pores (think of a buffed wood floor—it's so much smoother looking). Dr. Zalka's a fan of the Clarisonic Skin Care System (\$195, clarisonic.com), a definite investment she describes as "the Bentley of exfoliators"; use it with your usual cleanser. A bargain one we like: St. Ives Elements Warming Scrub (below, \$7, at drugstores). Do either up to five times a week.

Scrubs with smaller beads like these are gentler.



TOP PHOTO: RICCARDO TRINELLI; WORLD PICTURE SERVICE; BEAUTY QUICKIES: SAPNA WESTLEY, M.D.

BEAUTY QUICKIES Embrace giant sunglasses: The less you squint, the more likely you'll stave off crow's-feet.