

LOSE EVERY EXTRA POUND! p. 194

# SELF

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BEST

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## Slim Down, Tone Up, Show Off!

An Easy Plan Gets  
Results in 1 Month

**GLOWING SKIN!**  
No More Pimples,  
Lines or Concealer

**Get the Paycheck  
You Deserve** How, p. 212

**STOP CANCER  
BEFORE IT STARTS**

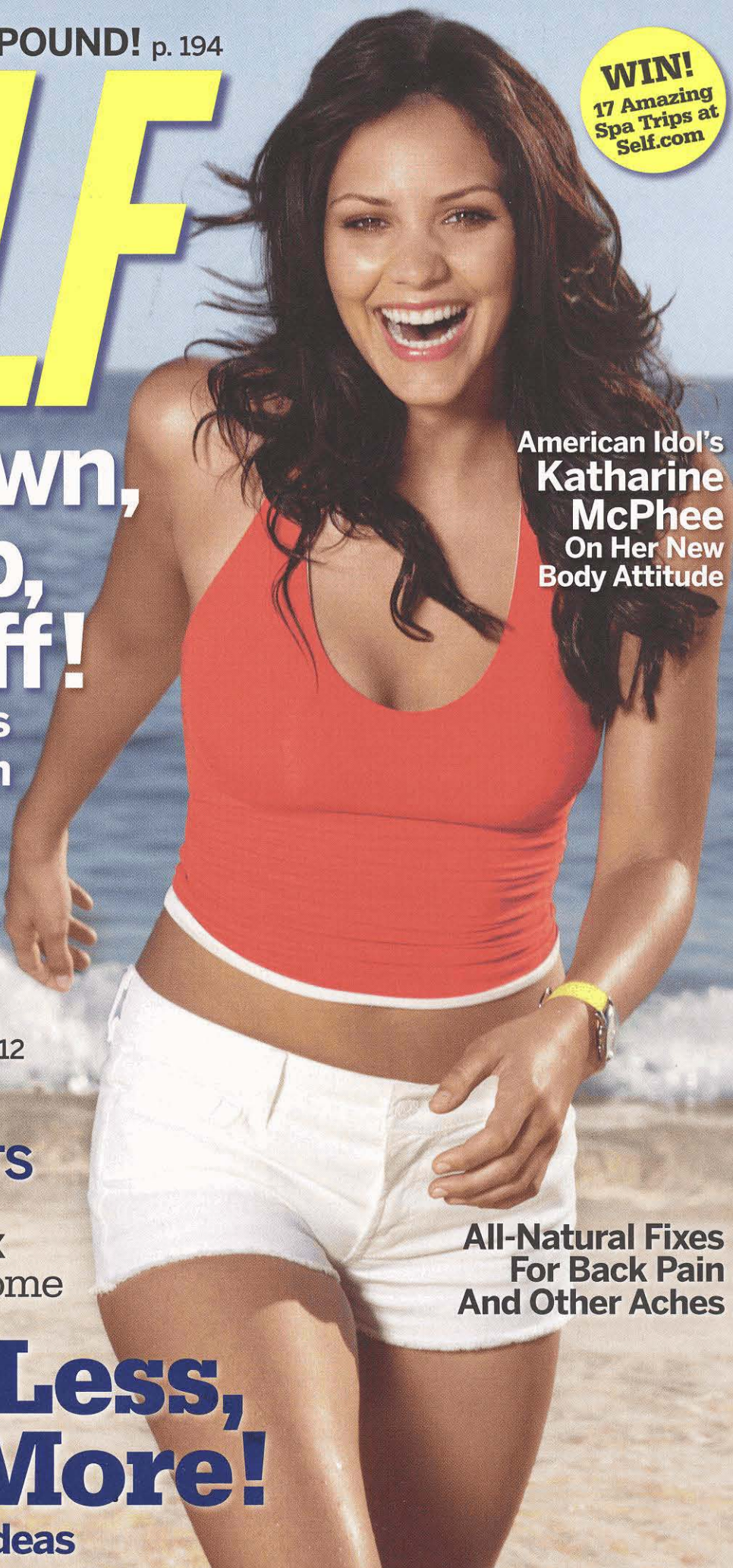
**Have Vacation Sex  
Without Leaving Home**

**Stress Less,  
Relax More!**

24 Ahhh-Inspiring Ideas

American Idol's  
**Katharine  
McPhee**  
On Her New  
Body Attitude

**All-Natural Fixes  
For Back Pain  
And Other Aches**



# beauty q&a



Mark I-Glimmer Illuminating cream shadows in Polished and Hushed, \$6 each



Wash your face after a steam to remove sweat released from pores.

**Q** After a workout, I like to use the sauna or steam room. Which one is better for my skin?

**A** Steam. Both make you sweat, which can help unclog pores, but saunas use dry heat, which “pulls more sweat and moisture from your skin and body,” says Elissa J. Lunder, M.D., a dermatologist in Wellesley, Massachusetts. The high humidity in the steam room adds moisture and plumps skin. Even acne-prone types will do better with steam; when skin becomes dehydrated, it can step up oil production to compensate. One caution: If your skin tends to get red, avoid both steam and saunas (to unwind, go get a massage instead!); heat causes blood vessels to expand, worsening conditions such as rosacea.

**Q** Eyeshadow looks terrible on me because my eyelids are constantly dry. Help!

**A** Start by reevaluating your cleansing routine. “The thin eyelid skin has the least amount of oil glands on the face,” says Heidi Waldorf, M.D., a dermatologist in New York City. “It can become parched if you use a face wash with drying ingredients such as alpha hydroxy acids to also remove your eye makeup.” Use a separate, oil-based eye-makeup remover, which won’t strip skin, and keep your face cleanser away from your eye area. Before applying makeup, dab eye cream onto lids to moisturize them, then top with cream shadows, which are more moisturizing than powders. Result: uncakey color.

**Q** Can wearing sunscreen help me head off freckles?

**A** Absolutely. It’s a matter of choosing the right kind of protection. Freckles may be cute, but they are a sign of sun damage. When UVA and UVB rays hit your skin, they stimulate the melanocytes to overproduce pigment as a protection mechanism, creating brown spots, says Kenneth Beer, M.D., a dermatologist in West Palm Beach, Florida. The best prevention: Trick skin into thinking it doesn’t need the extra pigment. Choose a sunscreen made of titanium dioxide or zinc (such as Clarins Sunscreen Cream SPF 30, \$28, right). These physical blockers form a shield on skin so rays never penetrate. Chemical ingredients (such as octocrylene), on the other hand, absorb rather than block the rays, but they don’t catch them all; those left unabsorbed are enough to prompt a pigment surge. Plus, chemical blockers take up to 30 minutes to activate, so skin is open to attack if you step outside too soon. Physical blockers require no wait time; but remember to reapply every two to four hours.



On *Lost*, Evangeline Lilly’s character’s nickname is Freckles. Make yours Little Miss Sunscreen!

## ASK SELF’S BEAUTY EXPERT



**Have a question for our beauty director, Elaine D’Farley?** Send your makeup mysteries, skin dilemmas and other beauty bafflers to [beauty@self.com](mailto:beauty@self.com).