

Spring's Pretty Floral Dresses

# allure

THE BEAUTY EXPERT

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## HOW TO APPLY SUNSCREEN

LINDA WELLS,  
ALLURE EDITOR IN CHIEF

My skin is paler than wallpaper paste and burns almost immediately. But I'm not willing to stay indoors or dress like a beekeeper in warm weather. Here's how I cover up without covering up.

**I APPLY SUNSCREEN** right out of the shower instead of body lotion. I make sure I get every spot, including the tops of my feet, the crooks of my arms, the areas between my arms and shoulders, and the

## HOW TO SHRINK A BLEMISH

JOLENE EDGAR, FREELANCER  
AND FORMER ALLURE  
BEAUTY FEATURES EDITOR

My skin used to be clear, but after I had my daughter, my hormones went crazy. This regimen keeps my postpartum blemishes in check, but it will work on any type of breakout.

**MEDICATED ACNE CLEANSERS** leave my skin too dry, so I only treat trouble areas and the blemishes themselves. I dot Proactiv Refining Mask directly on

“If a pimple is sore and inflamed, I hold an ice cube on it for a minute.”

backs of my hands. My current favorite is Neutrogena Dry-Touch SPF 85.

**FOR MY FACE, IT'S A BROAD-SPECTRUM SUNSCREEN** with a high SPF. I like to use a face cream with sunscreen, such as La Roche-Posay Anthelios Ultra Light Sunscreen Fluid SPF 60, rather than one intended for the body. It's less thick and shiny, and looks better alone or under makeup. I apply it all over, rubbing it into my hairline, neck, ears, and earlobes.

**ANTIOXIDANT SUPPLEMENTS** give your sunscreen a little more protective muscle. I take two Heliocare tablets with my usual vitamins every day.

**I REAPPLY SUNSCREEN EVERY HOUR OR TWO**, or after I swim—whichever comes first. I use a stick sunscreen on my nose because it seems to stay on better.

**RATHER THAN BE CAUGHT UNPREPARED**, I keep tubes of sunscreen in the car, in my beach bag, in my work bag, and in my gym bag, along with Elizabeth Arden Ceramide Plump Perfect lip balm with SPF 30.



my zits and let it dry for about five minutes before washing it off with a gentle cleanser, such as Cetaphil. The sulfur in the mask really diminishes the pimple.

**IF A PIMPLE IS SORE AND INFLAMED**, I hold an ice cube on it for a minute. It takes down the swelling significantly.

**I DAB BENZOYL PEROXIDE** cream on my pimples before I go to bed. I use Neutrogena On-the-Spot, which has 2.5 percent benzoyl peroxide. Studies show this concentration is just as effective as 10 percent but doesn't irritate skin.



## HOW TO READ A PRODUCT LABEL

AMY KELLER LAIRD,  
ALLURE BEAUTY DIRECTOR

Trying to decode the ingredients panel on a cleanser or moisturizer can feel like a science project—unless you're a skin geek like me. From the many conversations I've had with chemist Jim Hammer and dermatologist Jeannette Graf, I've learned how to make sense of it all.

**COMPANIES ARE NOT REQUIRED TO LIST PERCENTAGES** of certain ingredients. If they're not listed, the only clue about the concentration of an ingredient is where it falls on the label. Ingredients are listed in order of amount. In general, for an ingredient to be effective, you want it to be in the first five on the list.

**IF INGREDIENT PERCENTAGES ARE GIVEN**, look for between .25 and 1 percent of the wrinkle fighter retinol, 2 percent of the dark-spot fader hydroquinone, and at least 10 percent glycolic acid—an exfoliant and skin brightener—in at-home peels. From researching products, I know that the following contain the right levels: for retinol, Rodan + Fields Anti-Age Night Renewing Serum and DermaDoctor Poetry in Lotion; hydroquinone, Glytone Fading Lotion; and glycolic acid, Peter Thomas Roth Gentle Complexion Correction Pads.

**READ THE FRONT AND THE BACK OF THE PACKAGE.** I've seen a number of creams touting retinol on the front, but then checked the ingredients labels and found they contain vitamin A or retinyl palmitate, less-potent forms of retinol. **IF A COMPANY'S WEBSITE** doesn't provide ingredients lists, try drugstore.com, sephora.com, or skinstore.com.



## HOW TO PREVENT LINES

KRISTIN PERROTTA, ALLURE  
EDITORIAL PROJECTS DIRECTOR

Aging happens, but with the right skin-care regimen and an aggressive approach to sun protection, I've been able to limit the effects of time on my skin.

**I WEAR A BROAD-SPECTRUM SUNSCREEN** with an SPF of at least 30 every day of my life, specifically formulas that contain Helioplex, Active Photobarrier Complex, or Mexoryl, which offer extra protection against UVA rays. I like Aveeno Positively Radiant Daily Moisturizer SPF 30. I use a teaspoon-size amount on my face, and another one on my neck and chest.