

THE MAGAZINE ABOUT SHOPPING AND STYLE

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# Lucky

FEBRUARY 2008

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## PERFECT SKIN—

we show you exactly how to get it

## Diamond giveaway

more than 40 chances to win!

### LUCKY BREAKS

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## MIX AND MATCH:

How to put your favorite pieces together

## Look instantly slimmer

just by getting dressed!

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NEW ITEMS WE LOVE

The ultimate guide to gorgeous, gleamy hair

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Heroes star **HAYDEN PANETTIERE**  
Her stylish finds





# easy steps to no more breakouts

From at-home to in-office, these new acne-fighting strategies really work.

By Jennifer Scruby

## 1 eliminate the obvious culprits

Never use anything heavy or greasy on your hair or face. "This sounds like a no-brainer," says New York dermatologist Pat Wexler. "But I have patients who put pure vitamin E oil on their skin and then wonder why they break out."

## 2 do some detective work

"Adult acne almost always has a hormonal and genetic component," says Oakland, California, dermatologist Katie Rodan. Stress, insomnia, going on and off birth-control pills, fertility treatments, and even certain antidepressants can all knock your hormones out of whack and cause breakouts. **When in doubt**, get a test for polycystic ovary syndrome (PCOS).

"It's one of the most common causes of adult acne," says Dr. Wexler. "I diagnose several cases a week."

### YASMIN BIRTH-CONTROL PILLS

"Birth-control pills make a huge difference if you tend to break out during your period," says Dr. Rodan. Yaz and Yasmin are especially great for acne. [YASMIN.COM](http://YASMIN.COM) FOR INFO



## 3 unplug pores

**Wash your skin** twice a day—once more if you've just hit the gym. Gentle exfoliants work wonders—look for salicylic acid, AHAs, or retinoids.



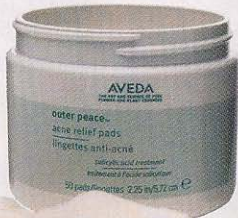
**BIORÉ PORE UNPLUGGING SCRUB** Steeped in salicylic acid, this gives you a thorough yet mild cleansing that leaves your skin matte. **\$6, DRUGSTORES**



**PETER THOMAS ROTH MAX COMPLEXION CORRECTION PADS** Extra-thick cotton with 10 percent glycolic acid and green tea. **\$36, SEPHORA.COM**



**CLEAN & CLEAR ADVANTAGE DAILY CLEANSING PADS** A potent salicylic acid/botanical blend for the most persistent acne. **\$6, DRUGSTORES**



**AVEDA OUTER PEACE ACNE RELIEF PADS** Packed with salicylic acid, tamanu oil, and saw palmetto to naturally calm irritation. **\$30, AVEDA.COM**

continued ▶



# 4 kill bacteria

Apply an antibacterial agent (benzoyl peroxide, tea tree oil, or sulfur) all over your face, even where you aren't broken out. "Acne affects every oil gland on your face," says San Francisco dermatologist Kathy Fields. "You need to treat the entire zone." **Topical or oral antibiotics** and/or a prescription-strength retinoid are the next level. Miami dermatologist Fredric Brandt also loves new, gentler forms of benzoyl peroxide: Benziqu (which offsets the drying effect with three moisturizers) and NeoBenz (time-released over 24 hours).



**CLINIQUE ACNE SOLUTIONS CLEARING MOISTURIZER**

Mushroom extract calms while benzoyl peroxide kills bacteria—plus, it has an amazing built-in powder that leaves skin looking matte. **\$16, MACY'S, 800-289-6229**



**NEUTROGENA OIL-FREE ACNE STRESS CONTROL**

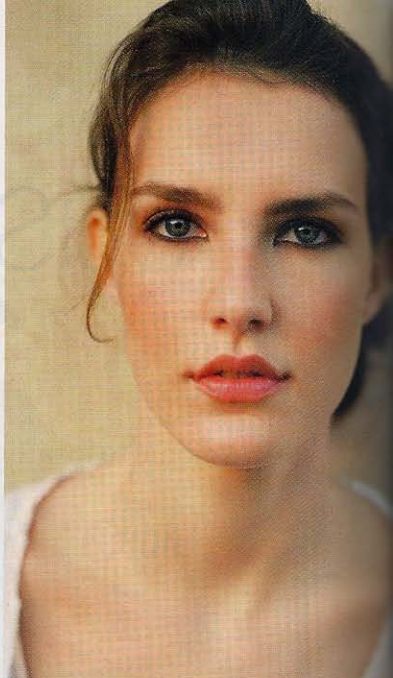
**POWER-FOAM WASH** A rich, oil-free lather made with antibacterial ingredients that get deep into pores to cure and prevent breakouts. **\$7, DRUGSTORES**

**MURAD ANTI-AGING ACNE TREATMENT** A thin layer underneath your morning moisturizer fights breakouts all day. **\$53, SEPHORA.COM**



**PROACTIV SOLUTION REFINING MASK**

This sulfur-based mask absorbs oil and makes pores look significantly smaller; it's also a good overnight spot treatment. **\$20, PROACTIV.COM**



# 5 bring down inflammation

Irritation always worsens acne; restore the skin's barrier with soothing treatments. **To knock out rosacea-related breakouts** (associated with blotchy redness across the nose and cheeks), topical prescription medications like Finacea or MetroGel are the most recommended.

**AVEENO ULTRA-CALMING DAILY MOISTURIZER SPF15**

Infused with anti-inflammatory feverfew and a broad-spectrum sunscreen that's hypoallergenic and oil-free.

**\$14, DRUGSTORES**



**WEXLER MMPi 20 ANTI-AGING ACNE SERUM** Calming botanicals, salicylic acid, and fine-line-fighting niacyl make this serum ultra-effective. **\$55, BATHANDBODYWORKS.COM**

## UPDATE ON THE HARDCORE OPTIONS

**ACCUTANE** For stubborn, severe acne, Accutane cures 75 percent of the patients who try it, says Dr. Wexler. "It doesn't matter if you have 10 pimples a month or a hundred: If they're leaving indentations on your skin, I recommend it," agrees Dr. Rodan. There are serious side effects: The drug can cause birth defects and thus requires scrupulous birth control and monthly pregnancy tests (see [pledgeprogram.com](http://pledgeprogram.com)).

**LASER TREATMENTS** These are pricey (\$500 a treatment) but kill bacteria and can put your oil glands to sleep for up to six months. "My patients are crazy for the new Isolaz laser," says Dr. Brandt. "You have to think of it as an investment, but there's no pain, no recuperation, and after a single treatment most patients stop breaking out for a month." Five hundred dollars a month is a lot to pay for clear skin—but after three months of lasering, you see a dramatic difference—and after that, some people can go as long as three months between laserings.