

GLAMOUR

FEBRUARY 2008

25 sex questions no one's ever asked men before
Our steamiest survey, p.184

Easy sexy hair

3-minute tricks for your exact length

12 DIRTY LITTLE SECRETS OF SUPPOSEDLY

hair
3-minute tricks for your exact length

12 DIRTY LITTLE SECRETS OF

Everything you want (and need) to know about

guys!

Their bodies, their minds, their insecurities—plus the reason **Kate Hudson** and **Matthew McConaughey** would rather be friends than hook up

Matthew McConaughey would rather be friends than hook up



These aren't your mom's wrinkle creams.

YOUR TOP SKIN QUESTIONS, ANSWERED!

1 Is drugstore skin stuff as good as the kind you get from dermatologists or department stores? It's your number-one question. The answer: often, yes. "Like department store brands, many drugstore ones—including Neutrogena, Aveeno and Olay—have huge development teams that do extensive testing," says NYC dermatologist Arielle Kauvar, M.D. The concoctions in your derm's office, however, sometimes pack a stronger dose of active ingredients, so you may get faster results.

2 Is it OK to mix different brands? Sure—despite what overaggressive salespeople say. One caution: If you do use cleanser, toner and moisturizer from several lines, says Montclair, New Jersey, derm Jeanine Downie, M.D., avoid layering on potentially irritating ingredients like glycolic acid or retinol without a doctor's guidance.

3 What if you have fine lines and pimples? Look for acne fighters with salicylic acid, which combats signs of aging by exfoliating. Try Neutrogena Healthy Skin Anti-Wrinkle Anti-Blotch Cleanser (\$7, at drugstores).

4 How often should I use a mask or exfoliate? If your skin's dry, use a scrub or deep-cleansing mask once a week; if it's oily, you can do them three times a week, says NYC derm David Colbert, M.D. Moisturizing masks may be used as often as you like, while acne or antiaging ones should be done less often (check the label).

5 When's the best time to start using antiaging products? You may *already* be using the best anti-ager: sunblock. If not, try a moisturizer with SPF. Other wrinkle reducers can wait until you see fine lines, usually in your late twenties.

Docs will answer your skin Q's every day, all month long, at glamour.com/beauty.

Your little line issues, resolved!

Crow's-feet
Applying any eye cream twice daily will make them less noticeable by plumping the area; one with hyaluronic acid can enhance this effect. Try L'Oréal Paris Skin Genesis Eye Serum (far left, \$20, at drugstores).

Forehead creases
They're tough—but a cream with a strong antioxidant, like resveratrol, can help. Try Estée Lauder Re-Nutriv Ultimate Youth Creme (top left, \$250, esteelauder.com). Or test the latest skin theory: If you revitalize the skin's stem cells, you can reduce existing lines. Try Dior Capture R60/80 Rich Crème (near left, \$80, saks.com).

Mouth crinkles
Apply a cream that contains dimethicone, which temporarily fills in fine lines. Try Avon Anew Ultimate Age Repair Night Cream (\$34, avon.com).

Help, I've got...

...out-of-control oiliness

...dry, flaky skin

A mask helps avoid those "Ick! Oil!" moments.

More than half of readers complained about this. "I use powder, but I'm still oily," said one. "Whenever I have a chance, I go in the bathroom and blot my face with toilet paper!"

- **What to do:** Twice daily, use a salicylic acid wash like Bioré Warming Anti-Blackhead Cleanser (\$6, at drugstores). Sure beats T.P.! Weekly masks also help. Above, H2O Plus Sea Clear 10-Minute Mattifying Mud Mask (\$25, h2oplus.com).
- **What not to do:** Obliterate all oil with alcohol-based toners; they only irritate skin and make it produce *more* oil.
- **Your new best product:** OC Eight Mattifying Gel (\$40, dermstore.com). "It's the only oil-control gel I've found that won't block pores," says NYC derm Debra Jaliman, M.D.

One upside of being on the drier side: It's the easiest skin problem to solve, says NYC derm Heidi Waldorf, M.D.

- **What to do:** Morning and night, wash with a gentle, non-foamy cleanser and then moisturize; if you have combination skin, put oil-free moisturizer on only your dry spots.
- **What not to do:** Use a too-heavy moisturizer (like night creams designed for older women). "Even if you're dry, it'll clog your pores and cause acne, so your skin will look worse," says L.A. dermatologist Jessica Wu, M.D.
- **Your new best product:** A moisturizer with hyaluronic acid to keep water from escaping from the skin. Try Chanel Hydramax + Active Sérum (far right, \$75, chanel.com).