

A large, close-up portrait of Oprah Winfrey with dark, wavy hair, wearing a white button-down shirt with black buttons. She is looking slightly to the left of the camera with a soft expression.

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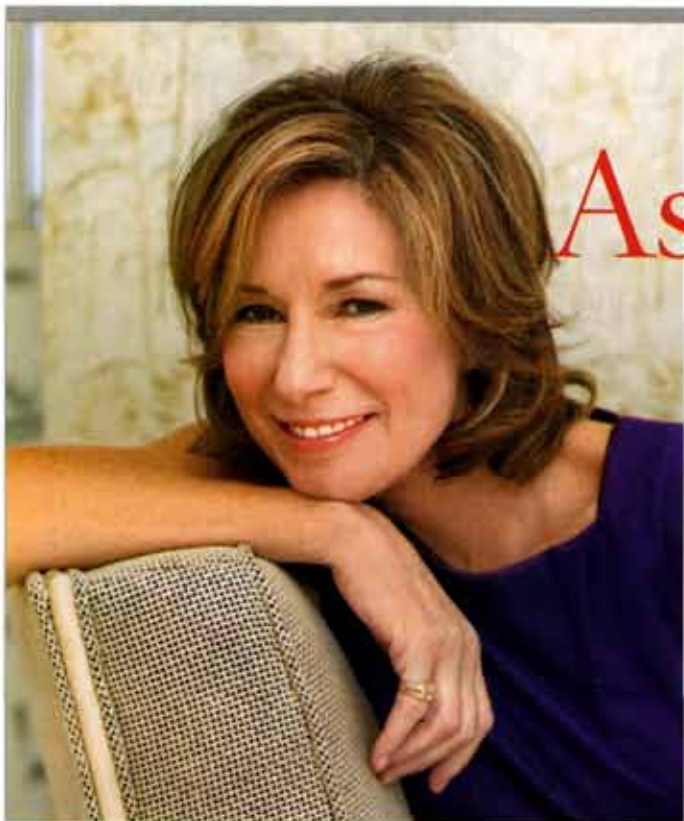
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BEAUTY GAZETTE



Ask Val

You've got questions? Our beauty director, **VALERIE MONROE**, has answers.

Q I've finally become accustomed to my many freckles, but I'm confounded by how to wear foundation. Do I choose a shade that matches the color of the freckles or a lighter shade that matches the rest of my complexion?

You want something in between—lighter than your freckles but one shade darker than your unfreckled skin, says Val Garland, artistic adviser for YSL Makeup.

I have to tell you that when I read Garland's advice, I felt compassion for your dilemma; it's hard enough to find a foundation that works well with your complexion when you're trying to match one skin tone, but *you* have to find

something in between two. Under the circumstances, I think you're better off having a professional choose a shade, so get thee to the department store. I've had great luck at the Prescriptives counter and at Bobbi Brown, too. Garland suggests that you use a light foundation with sheer coverage, which will make your freckles seem to melt into your complexion and still let your skin show through (naturally, she recommends YSL's new Teint Resist foundation, \$52; yslbeautyus.com).

Keep in mind: After you've found the right shade of foundation, use a blush to warm up your complexion so that you don't look washed out.

Q The piercings in my earlobes have become elongated, and now my hanging earrings look terrible. Help!

I'm afraid it's studs for you from now on, my friend; Haideh Hirmand, MD, clinical assistant professor of surgery at Cornell-Weill Medical College/New York-Presbyterian Hospital, says she sees elongated piercings only in people who've worn dangling earrings over time. The good news, she says, is that you can have your lobes repaired in a simple surgical procedure. (I don't know about you, but to me, "simple surgical procedure" is an oxymoron.) Anyway, it involves cutting the elongated hole completely out and suturing the skin back together, which closes the hole. It's done under local anesthesia, there's no downtime, the sutures come out in a week, and healing is usually very quick. If you want to repierce, you should wait four to six months, and do it in a different spot on the lobe. Wearing long, heavy earrings should be avoided, warns Hirmand.

Keep in mind: You can have your piercings surgically repaired, but sometimes an injection with a filler like hyaluronic acid can temporarily plump up the lobes so that earrings fit better in them.

Q Would a chemical peel improve my rosacea symptoms?

Possibly, yes. Glycolic acid peels at low concentrations (20 to 40 percent), along with topical or oral antibiotics, are often used to treat the redness and the dilated blood vessels that are symptomatic of the condition, says Arielle Kauvar, MD, clinical associate professor of dermatology at NYU School of Medicine. The peels are usually performed at two- to three-week intervals in a doctor's office, and supplemented with a daily glycolic wash or cream. For removing large capillaries or reducing redness, two to five laser treatments about a month apart are an option.

Keep in mind: Though a chemical peel can help relieve rosacea symptoms, if you have very dry, sensitive skin, you may not be able to tolerate one; in that case, try a barrier-repair moisturizer and a nonirritating sunscreen along with topical or oral antibiotics. (For more about rosacea, see "The Skin Fixers" page 208.)

If you have a question about makeup, skincare, or haircare, go to oprah.com/omagazine_talk.