

GLAMOUR

SPECIAL EDITION

1,000 Beauty Dos & Don'ts to Live By Forever

Your ultimate personal handbook!
Secret tricks for gorgeous hair,
skin and makeup every day
and every night

Hair!
Kate's Amazing
Waves Made Easy

Body!
Jen's Flawless
Head-to-Toe Look

Makeup!
Kim's Shortcuts
to Looking Great

PLUS:
Pages and Pages
of Don'ts! Laugh,
Learn...and Be
a Do for Life

Don't!

A Condé Nast Special

\$10.99US 93>

0 48495 08745 8

DISPLAY UNTIL NOVEMBER 22

The Dos & Don'ts of *your best*

Exactly what to do to get every skin type glowing and gorgeous.



If You've Got...

...oily skin

DO use a salicylic acid wash twice daily. Weekly masks also help.

DON'T use alcohol-based toners; they only irritate skin and make it produce more oil.

...dry skin

DO wash with a gentle, nonfoamy cleanser and then moisturize.

DON'T use a too-heavy moisturizer. "It'll clog your pores and cause acne, so your skin will look worse," says L.A. dermatologist Jessica Wu, M.D.

...dark spots and patches

DO use a soy moisturizer twice daily, says NYC derm Diane Berson, M.D.

DON'T skip sunscreen.

"No matter how many lightening products you use, if you go in the sun without a high SPF, you're fighting a losing battle," says New York dermatologist Arielle Kauvar, M.D.

...huge pores

DO use a retinol night treatment. "It'll wipe dead cells out of your pores, creating the illusion that they're smaller," says NYC dermatologist Heidi A. Waldorf, M.D. Combine this with an at-home microdermabrasion kit.

DON'T mistake large pores for blackheads and squeeze them, which makes them look temporarily larger.

skin ever

SKIN SAVERS

Skip a trip to the derm with these brilliant solutions to everyday skin care situations.

DO try a silk pillowcase if you wake up with creases.

The extra-smooth surface makes it less likely that skin will “stick.”

DON'T let the steamy goodness of a shower or bath go to waste.

“Take advantage of the steam to hydrate your skin,” says Dr. Wu. “As soon as you get out of the shower, pat dry, then use a rich body butter.”

DO fade blotches with eyedrops.

If your cheeks are flushed, Jeannette Graf, M.D., a dermatologist in Great Neck, New York, suggests putting a few drops of Visine into a tablespoon of water, then dipping a cotton pad in the solution and patting it on to shrink blood vessels and get the red out.

Test for irritation on your skin first.

DON'T leave your cell phone out of your skin care routine.

Chronic chin pimples can result when bacteria on your phone migrate into pores. Use astringent on a cotton pad to wipe your phone, and hold it away from your skin when you're using it.

POPPING A ZIT: A DO OR A DON'T?

We know, we know—it's so tempting. New York City dermatologist Amy Wechsler, M.D., considers picking a Don't. However, if you absolutely must, follow these steps to prevent scarring or further infection: After applying a warm, damp washcloth to soften skin, put a Q-tip on each side of the whitehead and exert gentle pressure. Then dab it with a cotton ball moistened with a salicylic acid or benzoyl peroxide treatment and leave it alone—for real this time!

