BEAUTY BLOWOUT!
Easy Tricks for Prettier Hair & Skin

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"Help! I have scaly arms and legs but get breakouts on my back."

—*Katie Chiki, 26*

Lesson 1 | Stop Being Sensitive

Katie lathered up with body wash made for sensitive skin—great for her chronically dry arms and legs, but not strong enough to zap her bacne. A gentle bar soap, like (A) Purpose Gentle Cleansing Bar ($2.45, drugstores), removes sebum without drying out the rest of the body, says Dr. Silverberg. After showering, Katie should use a salicylic acid spray, such as (B) Rodan + Fields Unblemish Salicylic Acid Body Spray ($35; rodanandfields.com), on her back to further reduce breakouts.

PRETTY PLAN

To get her finicky skin back on track, Katie visited Nancy Silverberg, M.D., a dermatologist in Newport Beach, California.

A.

B.