

THE MAGAZINE ABOUT SHOPPING AND STYLE

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Lucky

FEBRUARY 2008

**PERFECT
SKIN—**

we show you
exactly how
to get it

**Diamond
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to win!

LUCKY BREAKS

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**MIX AND
MATCH:**

How to put
your favorite
pieces together

**Great clothes
you'll wear
now through
spring**

**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

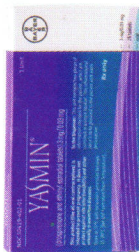
Never use anything heavy or greasy on your hair or face. "This sounds like a no-brainer," says New York dermatologist Pat Wexler. "But I have patients who put pure vitamin E oil on their skin and then wonder why they break out."

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 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 UNCLOGGING 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

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: Benziq (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

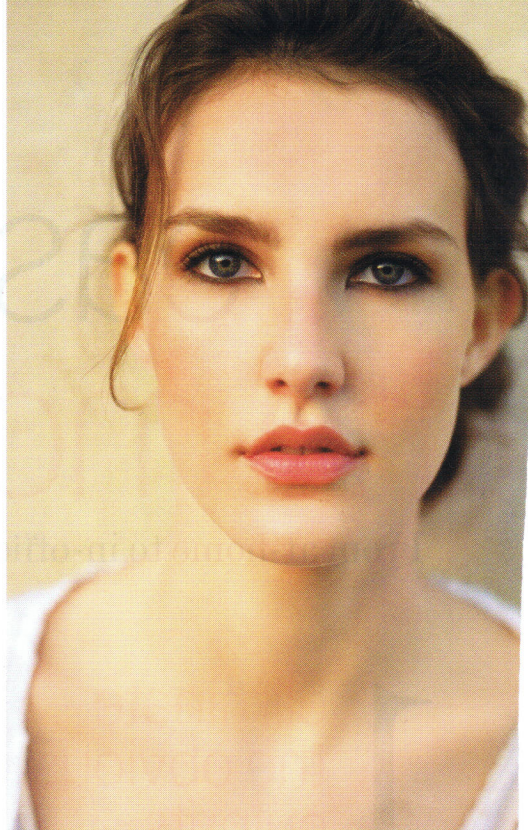
POWER-FOAM WASH A rich, oil-free lather made with antibacterial ingredients that get deep into pores to cure and prevent breakouts. \$7, DRUGSTORES

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

MICHAEL WARING, STILL LIVES: LUCKY DIGITAL STUDIO.

UPDATE ON THE HARDCORE OPTIONS

ACUTANE 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 ipledgeprogram.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.

6 pick a regimen and give it at least eight weeks

Designed so you won't overdry your skin or overlap products, regimens contain ingredients that work synergistically for faster results. **You may find you break out a bit more** at first; all the cleansing and exfoliating brings prior problems to the surface. By eight weeks, you'll have a good gauge of how effective the new routine is.



DR. BRANDT PORELESS ESSENTIALS KIT Delivers salicylic acid, so it treats deeply; chamomile and other anti-inflammatories tamp down swelling. \$55, DRBRANDTSKINCARE.COM



RODAN + FIELDS UNBLEMISH REGIMEN Made specifically for redness-prone skin, this mixes green tea and arnica with sulfur and benzoyl peroxide. \$85, RODANANDFIELDS.COM

7 don't touch! (use spot treatments instead)

"Left alone, a pimple usually fades in eight days," says Wexler. "If you pick at it, you're looking at three to four weeks and possible scarring." **A dermatologist** can remove a pimple in 24 hours with a cortisone injection; **at home**, reduce swelling with cortisone cream, benzoyl peroxide, ice, aspirin, or ibuprofen.



CHANEL PRÉCISION BLEMISH CONTROL ACNE TREATMENT AHAs exfoliate to help breakouts heal faster, and corn extract calms inflammation. \$35, CHANEL.COM



SAMPAR PRODIGAL PEN A blend of soothing, antibacterial essential oils that doesn't cause dryness. \$22, DERMSTORE.COM



ORIGINS SPOT REMOVER Makeup can be layered over this clear, redness-reducing gel. \$11, ORIGINS.COM



KINERASE CLEAR SKIN BLEMISH DISSOLVER This roll-on medication speeds up recovery time and prevents additional blemishes. \$39, SEPHORA.COM

8 conceal, conceal, conceal

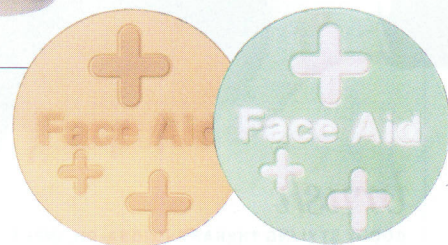
Hiding a blemish is easier than you think, says makeup guru Laura Mercier:

1. Always use a slightly cakey concealer. Liquids and creams don't work as well.
2. Yellow-based tones are best—they neutralize redness.
3. Pick up a bit of the concealer with the side of a small, firm brush; keep the brush in a pointed shape.
4. Dab off excess product—it's better to build. Apply on the pimple first, working your way to the outside.
5. Press—rather than rub—the concealer in place and finish with translucent powder.



LAURA MERCIER SECRET CAMOUFLAGE Two shades of concealer—a dark one and a lighter one to mix—create an amazingly close match. \$28, LAURAMERCIER.COM

BENEFIT GALACTIC SHIELD ACNE MEDICATION BLEMISH CONCEALER This fine-tipped pen is incredibly simple to apply, and the salicylic-acid-packed formula helps heal the pimple. \$20, BENEFITCOSMETICS.COM



PHYSICIANS FORMULA FACE AID SKIN CONTROLLING FACE POWDER IN BEIGE AND GREEN Mattifying, color-correcting powders, with antibacterial ingredients cleverly built in. \$13 EACH, DRUGSTORES