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THE BEAUTY EXPERT

JUNE 2008

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**FRIZZ-PROOF HAIR
COOL, CLEAR SKIN**

And 60 Fun, Easy Tips for Summer

**Jessica
Alba**

"It's necessary to go
through some heartache."



Under Your Skin

It may be picnics, parades, and fireworks all summer long for you—but it most certainly isn't for your skin.

EXCESS OIL: It's not the heat, it's the humidity. "When the humidity levels go up," says Miami dermatologist Leslie Baumann, "water from both the air and your own perspiration emulsifies the oil in your skin and makes it more liquidy—you don't really produce more oil, but you feel it more," she says. Bay Area dermatologist Katie Rodan recommends switching your skin-care routine. "Go for lotions or gels—not creams—moisturize less, and use blotting papers and mattifying lotions," she says.

REACTIONS TO SUNBLOCK: Even women who never get acne can suffer breakouts in the summer. "Sunscreen is crucial, but it can be like pouring on motor oil," says New York City dermatologist Lisa Airan. Some women find that a gel-based one leaves less residue, says Rodan. Among the physical-barrier sunscreens, she adds, zinc oxide is the least greasy.

ROSACEA: "Summer is the worst time of year for rosacea," says New York City dermatologist Francesca J. Fusco. "There's the heat, plus people are drinking more." If you're at a pool party all day, don't drink that evening, and avoid spicy food, she suggests. The best kind of sunscreen is a physical block such as zinc or titanium dioxide, says Rodan: "Chemical sunscreens absorb light, which can heat up the surface of the skin, slightly aggravating facial redness."

TINEA VERSICOLOR: A surprisingly common fungal infection during summer is tinea versicolor, little white or pink patches on the body that might itch but may not be obviously visible. "When you get overheated repeatedly, one of the yeasts that live on your skin starts to overproduce," says Fusco. Once you have it, you're prone to it ever after, she adds. The best defense is to wash your body once a month in the summer with a dandruff shampoo such as Nizoral, Head & Shoulders, or Selsun Blue.

Sun Myths

Rumors that the earth is flat have nothing on some myths about the sun.

1 If you have a "base tan," it's OK to go without sunscreen. As melanin accumulates, it forms a kind of umbrella that may offer some protection. "But the umbrella is porous—you're still getting DNA damage, which can lead to wrinkles and skin cancer," says New York City dermatologist Doris Day.

2 Self-tanner protects the skin. Nope. In fact, for 24 hours after self-tanner is applied, the skin is even more susceptible to free-radical damage from sunlight, according to a 2007 study by the Gematria Test Lab in Berlin.

3 A simple spritz or wipe of sunscreen is all you need. Those sprays and wipes may be convenient, but they also make it easy to miss spots.

4 Your face is all that matters. Your hands, neck, and décolletage can get skin cancer and spots too, notes Day.

"Sunscreen is crucial, but it can be like pouring on motor oil."

After Dark When the silvery moon rises over the dunes (or the hills, or the skyline, or your radiant skin), bigger, bolder summer makeup comes out to shine.



Brigitte Bardot in St.-Tropes, says Chrisanne Davis. Go for a strong swipe of eyeliner in dark brown, charcoal, black, or especially deep navy, such as **Smashbox Jet Set Eyeliner in Navy Blue (1)**. A warm bronzer, such as **Too Faced Sun Bunny Bronzing Powder (2)**, and cocoa-beige or nude lipstick, such as **Estée Lauder Pure Color Lipstick in Vanilla Truffle (3)**, look good, too. Davis loves gold shimmery eye

shadow because gold "gives you the feeling of the sun," she says. Choose **Sonia Kashuk Eye Shadow Duo in Razzle Dazzle (4)** or **M.A.C. Solarbits in Bronzescape (5)**. If you want a dramatic look, makeup artist Gucci Westman likes vibrant, Helmut Newton-era lipstick. She suggests intense shades of tomato red, coral, tangerine, or blue-red. Try **Revlon Super Lustrous Lipstick in Cha Cha Cherry (6)**.

IN THE BAG

Bring these shore things to the beach, and you'll be sure to look more East Hampton—and less Coney Island.

THE TOWEL: The best bikini backdrops are thick, thirsty, big enough for two, and eye-poppingly bright, like a Marimekko print or L.L. Bean's Seaside Beach Towel.

THE HAT: It should be canvas, khaki, and wide-brimmed, like those by Helen Kaminski, J.Crew, and Madewell 1937.

THE SANDALS: Christian Louboutin's metallic flat sandals are the next best things to being barefoot, but go from poolside to party. K. Jacques's gladiator sandals have similar versatile appeal.

THE BAG: The Hermès canvas tote is perfection, but if you haven't won the lottery, the Gap's neutral canvas bag with pockets and a shoulder strap, and Madewell 1937's blue bag with leather trim are both winners.

THE SHADES: Bigger is better (it keeps out more sun). Burberry's gold-framed aviators are classic. Oliver Peoples's Nora (rectangular, gold with amber lenses) and Tom Ford's Marcella (with a bronzy peach tint) are very of-the-moment.

THE COVER-UP: James Perse's T-shirt dress rolls up easily into a tote, and, with a belt, doubles as an après-beach outfit.

Skin Doctors Hit the Beach

Dermatologists don't spend their whole lives with a syringe in their hands. They go to the beach, windsurf, and otherwise see daylight. We asked six of them what they use to cover up.

Francesca J. Fusco of Mount Sinai Medical Center, New York City

Fusco puts **La Roche-Posay Anthelios XL 60** over **Skinceuticals C E Ferulic Acid Serum** on her face. She rubs **Aveeno Baby Continuous Protection Lotion SPF 55** on her body and zinc oxide on her lips.

Leslie Baumann of the University of Miami School of Medicine, Miami

For her face and body, Baumann starts with **Neutrogena Ultra-Sheer Dry-Touch Sunblock SPF 45** and adds **Blue Lizard 30 Australian Suncream for Sensitive Skin** for a physical barrier. "It's like having metal over your skin," she says. "Then, because I look like a greasy mess," she minimizes oil on her face with **ColoreScience Finishing Powder**. An hour before heading out, she takes **Heliocare UV Protection Capsules**.

Doris Day of New York University Medical Center, New York City

"Unless it's dark enough outside that I need a flashlight, I won't go out with-

out at least an SPF 30 sunscreen," says Day. She uses whatever she has around. She also likes to sweep **ColoreScience Sunforgettable Brush SPF 30 Powder** on her face, neck, and chest.

Lisa Airan, New York City dermatologist

"I use **Ocean Potion 50** absolutely everywhere," says Airan.

Diane Berson of New York University Medical Center

"Sunscreen is a no-brainer for me," says Berson. "I use **La Roche-Posay Anthelios XL 60** on my face and **Neutrogena Ultra-Sheer Dry-Touch Sunblock SPF 70 with Helioplex** on my body." Berson believes in high-SPF sunscreens at all times for women who, like her, have very fair skin.

Katie Rodan of Stanford University School of Medicine, Stanford, California

On her body, Rodan will use "anything that contains Mexoryl," she says—such as **La Roche-Posay Anthelios XL 60**. She puts her own **Rodan + Fields Essentials with Avobenzone SPF 30** on her face. "I reapply sunscreen every two to three hours," she says. "It leaves your skin greasy, but it's worth it for fewer wrinkles in the long run."

Metallic flat sandals are the next best things to being barefoot.

SOS (SAVE OUR SKIN) *When you get too much sun despite SPF and the best intentions, here's what to do:*

GREASINESS: Applying sunscreen (and reapplying...and reapplying) all day can make your skin a bit gummy and greasy. The buildup won't hurt you, but you'll need to cleanse and gently exfoliate that night. Doris Day chooses a creamy cleanser "without much lather, because that's more drying and irritating" to parched skin. (She likes Aveeno and Neutrogena.) Whisk away any remaining residue by using a gentle fine-grained scrub or a two-step citric-acid peel. Moisturize immediately afterward.

DRYNESS: A day of sun "dries out the water in your skin" even if there's no evi-

dence of burn, says Day. Stick to creams, which are thicker and more moisturizing than lotions, and scan labels for ingredients that help draw water back in (lactic acid, urea, or hyaluronic acid).

BURNED SKIN: If you actually get a sunburn, your best post-beach defense is a couple aspirin, says James Spencer, a St. Petersburg, Florida, dermatologist and frequent spokesman on sun-protection issues for the American Academy of Dermatology. Ultraviolet radiation causes inflammation, and aspirin is an anti-inflammatory. (Hydrocortisone is also an

anti-inflammatory, but it has side effects such as thinning the skin over time and isn't as effective as aspirin, says Spencer.) Many dermatologists tout aloe vera as the most soothing ingredient, and it's been a sunburn staple since the days of the ancient Greeks and Romans, although no one knows why it works, says Spencer. For bad burns, topical numbing agents such as lidocaine or benzocaine give temporary relief. And if you have blisters, Katie Rodan likes an old-fashioned topical antiseptic called Domeboro. It's available in powder form and can be mixed with water to form a cool compress.