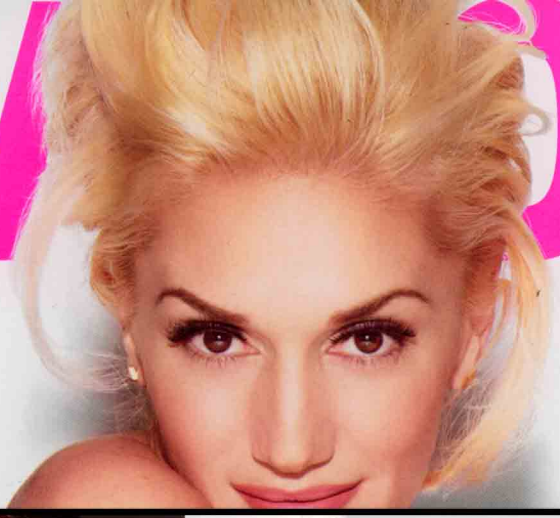


12 SECRET SIGNS



THIS ISSUE
COULD HAVE A
\$500
STICKER HIDDEN
INSIDE!
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SPECIAL REPORT!
SNEAKY THINGS THAT MESS UP YOUR SKIN
You could be pushing through hell and not know it. Quit the habits and try these (most are super easy).
BY CARA KAGAN

• GOT TROUBLE SPOTS? Who doesn't, the trick is figuring out the hidden causes.

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Wii an hour before bedtime. A study in the *Journal of Applied Physiology* suggests that performing tasks in front of a bright display suppresses the production of melatonin, a hormone that helps regulate the sleep-wake cycle; you may spend hours tossing and turning before drifting off, or wake repeatedly throughout the night. For a morning boost, try Garnier Nutritioniste Skin Renew Awakening Face Massager (\$13, at drugstores); this editor fave has a roller-ball applicator that glides on a skin-brightening serum.

SKIN SPOILER 6

Gaining and Losing the Same

York City doctor who specializes in weight loss and nutrition. Don't go it alone: Consider joining a group that offers support, like WeightWatchers or 3fatchicks.com.

SKIN SPOILER 7

Mistaking Rosacea for Acne
It's easy to confuse rosacea's angry red patches, visible blood vessels and inflamed pimples with plain old acne. So easy that 78 percent of the 14 million Americans with the condition don't have the slightest clue they've got it, according to the National Rosacea Society. More women are being diagnosed with it than ever before. Experts

Five "Bad" Things That Are Actually Good for Your Skin

Chocolate (yeah!)
Women in a German study who downed a cocoa-rich drink daily—the equivalent of 3.5 ounces of dark chocolate—for 12 weeks experienced less dryness. Their skin also had better blood flow, which pinky cheeks, and was more resistant to sun damage, thanks to all



Not Having Enough Fun

If you haven't been spending a lot of time with friends lately, a proven stress buster, consider this: "Studies show that stress weakens the barrier that protects skin from elements like pollution and the sun," Dr. Bank says. That puts you more at risk for breakouts, wrinkles, you name it.

CONGRATS! YOU SLATHERED ON SUNSCREEN all summer. But if you're about to pack away the SPF along with your flip-flops...don't. Fall's rays are just as likely as summer's to cause brown spots, wrinkles and skin cancer, warns David Bank, M.D., a dermatologist in Mount Kisco, New York. "Foundation with SPF isn't enough, especially since women typically spread on a superthin layer." Your best strategy: Every morning apply moisturizer with SPF 15 or above. Two good ones: Elizabeth Arden Pre-vage Day Anti-aging Moisturizer PA++, with SPF 30 and other wrinkle fighters (\$125, elizabetharden.com), and Cetaphil UVA/UVB Defense SPF 50 (\$14, at drugstores). Now the word on eight more things that could be standing between you and amazing skin: *Continued on next page* ▶▶

one night a week with friends in Outlook like I would do for a work appointment," says New York City dermatologist Amy Wechsler, M.D. "This way it's not optional." Another welcome prescription: sex! "During sex you release beta endorphins, which have acne-healing properties," adds Dr. Wechsler. The big O also increases estrogen, which gives skin glow—a nice perk. ■

French fries
OK, OK, they're not exactly good for your skin—sorry—but contrary to popular belief, they (and other greasy foods) don't cause pimples. Nice to know!



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