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HealthyLooks



GREAT SKIN

**A BETTER MOVE:** Switch to a gentle scrub with beads that are perfectly smooth and round. "They're less likely to cause irritation," says David Bank, MD, a dermatologist in Mt. Kisco, New York. If you still have sensitivity, a paste of baking soda and warm water makes an effective exfoliator, Dr. Lupo advises.

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**2 BAD HABIT:** Taking long, hot showers. "Spending too much time in a hot shower can literally melt the layer of lipids that bonds your skin cells together and keeps moisture in," Dr. Lupo says. Your body replenishes the lipids over the next few hours, but during that time moisture escapes at an alarming rate. Plus, shower water contains small amounts of chlorine, which can "dry out your skin and cause further irritation," Dr. Bank says.

**5 EASY CHANGES** for a better skin

Ditching superhot showers, sleeping face-up, and other small tweaks that will transform your complexion. by [unclear]

**THINK YOU KNOW WHAT CAUSES YOUR skin to age?** You may be surprised. "Wrinkles, under-eye bags, and redness aren't always caused by sun damage or genetics," says Mary P. Lupo, MD, a dermatologist in New Orleans. "I can look at a patient's face and tell

you a lot about the products she uses and the issues she has." Save yourself a trip to the dermatologist, and read on to find out how you can get a healthier, younger-looking complexion just by tweaking your routine.

momentary wrinkles (between your brows and the outer edges of your eyes) to become permanently etched into your skin. "Many women don't realize that they need to get their eyes

Photo: Sergio Pichonardi/Corbis

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**89 Healthy Pleasures** including ice cream