

# LADIES' HomeJournal

Never Underestimate The Power Of A Woman

JUNE 2007

## 7 Simple Stress Soothers

For the Frazzled & Frustrated

## Credit Cards That Pay You

## The Sneaky Summer Sickness

**HOT SPOT:** Backs of arms and upper back. Summerize it! We wish this weren't true, but unsightly bumps and breakouts aren't limited to the skin on your face. Let's start with those little hard bumps on the backs of your arms. This common condition, called keratosis pilaris, is caused by hair follicles that haven't exfoliated normally; the skin cells then pile up and form little bumps. According

to David E. Bank, M.D., dermatologist and founder and director of the Center for Dermatology, Cosmetic & Laser Surgery, in Mount Kisco, New York, those with keratosis pilaris tend to have sensitive or eczema-prone skin, so harsh acne treatments only exacerbate the problem. The key, Dr. Bank says, is finding the right balance between gentle and aggressive exfoliation. If your skin is too sensitive to tolerate a chemical exfoliator, such as a body wash with salicylic acid, then mechanical exfoliation, such as a loofah or grainy scrub, applied with a moderate amount of pressure is a better option.

Chill-Out Summer Salads  
Family-Friendly Recipes