

Smart ways to live well

Prevention

your hair looks smoother and shinier," he explains.

Keep a cool head Heat opens hair's protective outer layer, damaging strands and creating frizz. "Frequently cooling



SOOTHE SKIN

Get milk Soak a clean washcloth in cold milk and place it over your face for 10 minutes. "Milk contains proteins, fat, amino acids, and vitamin A—all of which reduce redness and calm irritated skin," says David Bank, MD, a dermatologist in Mount Kisco, NY. Bonus: The lactic acid in milk exfoliates, so skin looks soft and glowing.

"Hide brown spots by brushing foundation over concealer"

BROWN SPOTS

Camouflage with care First, dab concealer that's one or two shades lighter than your foundation onto the spots. Use

skin a soft, receptive sheen, says Kimara Ahnert, a makeup artist in New York City. Cheeks tend to be drier than your T-zone, so as soon as you use up

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