

NEW MOM DIET SECRETS

HOW THEY



STAR BEAUTY

VANESSA HUDGENS
The star (wearing a 1690 Swimwear bikini in Turks & Caicos July 13) stays blemish-free with Jurlique's all-natural Biodynamic skincare line.

Pros tell *Us* how to dodge the disasters (zits, sunburn, frizz!) that can ugly up a getaway

SUMMER VACATION BEAUTY

Vacation Disaster #1

Body Breakouts

Problem "Sweat plus heavy sunscreens clog pores and can cause breakouts," NYC-based dermatologist Dennis Gross tells *Us*.

Hilary Swank loves Peter Thomas Roth's Blemish Beads Body Wash



Solution Exfoliate dead skin cells two to three days before your trip, then use a salicylic acid-packed body wash, "which is anti-bacterial and helps de-gunk pores," says NYC-based dermatologist David Bank. Use an oil-free sunscreen and stash anti-acne cleansing wipes in your beach bag to keep skin fresh on the go.



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Vacation Disaster #2

Fried Hair

Problem "Excess exposure to sun, wind, salt and chlorine can leave locks dry, damaged and discolored," says celeb stylist Oscar Blandi (clients include Blake Lively and Kelly Ripa).

Solution Deflect the rays that cause split ends and color damage with a UV-shielding spray, Blandi tells *Us*. "Wear a head scarf as a barrier to the wind, which creates static and frizz." And coat hair with conditioner before swimming to prevent salt and chlorine "from turning



Jessica Alba spritzes Oscar Blandi Capri Sun Shield Spray on strands. (\$20, Sephora.com)

Marc Anthony Brilliant Color Lock Conditioner includes UV sunscreens to prevent fading. (\$5, ulta.com)

Solution The best way to prevent bites is to use a bug repellent that contains Deet, says Bank. Poison ivy is harder to avoid, but if you've come in contact and you already have welts, "try a cold compress first, then soak in an oatmeal bath to soothe inflammation," he tells *Us*. Conceal spots with a mineral-based powder or one with a fragrance-free formula. "The fewer chemicals, the less itch," he says.

Vacation Disaster #4

Sunburn

Problem Despite being diligent with sunscreen, you still got a burn.

Solution "Immediately take an anti-inflammatory like Advil or Aleve," advises Bank. "It will reduce redness and swelling." Prevent peeling with pure aloe vera or "soak a washcloth in milk and place it on the burn. The lactic acid is soothing," he says. Speed healing with an over-the-counter 1 percent topical hydrocortisone ointment, suggests Bank. Adds dermatologist Harold Lancer (Ali Larter's a client): "Reapply every two to three hours for best effect."



For Swift eyes Purerals. The Pressed Mineral Makeup Application With SPF is also a concealer. (\$25, minerals.com)



Jessica Biel is a fan of Burt's Bees. Her Bug Bite Relief blends camphor, menthol and orange essential oils. (\$6, burtsbees.com)

TREND WATCH

STARS' METALLIC SMOKY EYES

Celebs such as Nicole Richie and Selma Blair are fans of heavy metal — eye shadow, that is. "Bronze, silver or gold smoky eyes are soft and fun for summer. The look has a '70s disco glamour that looks radiant against tan skin," says makeup pro Rachel Goodwin (Blair is a client). Line lashes with brown or taupe gray pencil, apply shadow, then swipe on mascara.



Richie

Blake Lively loves Physicians Formula Shimmer Strip. (\$12, drugstores)

GET CELEB WAVES — FOR FREE!

Want to try the stars' hairstyle of the moment? Hop on board! John Frieda celeb stylist Harry Josh (whose clients include Ellen Pompeo and Gisele Bündchen) and his team are traveling across the country to give free hair makeovers. Log on to johnfrieda.com/salontour to find out where they're headed next and book your appointment.



Pompeo



The mobile salon has five stations.

Stylists service clients from 11 A.M.—7 P.M.

Courtesy of FGPR