

SEX TIPS SO HOT

YOU'LL GET TURNED ON JUST READING THEM

1-2-3 Steps to Living That Big \$\$\$ Life

Julianne Hough Goes There!!
 HER MOVIE ✓
 HER MAN ✓
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Your Clearest Skin Starts Now

The secret to banishing a breakout? Depends on how much time you have.

BY NICOLE CATANESE

WHAT
YOU
CAN DO
IN AN...

HOUR

While a zit won't disappear, it can look flawless in three steps. **GRAB AN ICEPACK.** Put it directly on the spot then remove at 15-second intervals for a few minutes to "help bring down inflammation and reduce its size," says Neal Schultz, MD, a Manhattan dermatologist. **BREAK OUT THE VISINE.** Really. It helps take the redness out of skin (just as it does eyes) by constricting blood vessels.

COVER IT UP. Less is more, says YouTube sensation Em Ford, whose acne-concealing video, "You Look Disgusting," has logged more than 17 million views to date. Heavy foundation can draw attention to a blemish. Better to cover it

subtly with a lightweight foundation or BB cream (Ford likes MAC Prep + Prime BB Beauty Balm SPF 35, \$31, maccosmetics.com) and let the concealer do the work. "I use the pinpoint method," she says. Take a tiny concealer brush (or lip brush), dab concealer in the center of the pimple, and blend outward to blur edges.

YOUR TOOL KIT

1. **VISINE Original Redness Relief**, \$6, drugstores
2. **COVER FX Blemish Primer Brush**, \$20, sephora.com
3. **CLINIQUE Acne Solutions Clearing Concealer**, \$17.50, clinique.com



**CLEAN
STUFF = CLEAR
STUFF**

Wipe down your phone, use a new face towel daily, and change your pillowcase every other night (flip it in between).



PHOTO: WESTBROOK/STUDIO D. MAXIMILIAN RIVERA/THELICENSINGPROJECT.COM

WHAT YOU CAN DO IN A...



The fastest way to zap a zit in 24 hours? See a dermatologist for a cortisone shot, which sends a low dose of the anti-inflammatory steroid into the area, says New York City dermatologist Eric Schweiger, MD. Can't get to a derm or just not into needles? Try this potent sequence.

IN THE MORNING. Place a warm compress on the spot hourly for three-minute sessions. "This can reduce swelling and help bring bacteria to the surface," says Dr. Schultz. After each compress, apply salicylic acid, which penetrates through oil and breaks down pore-clogging dead skin cells. Follow it with a dab of 1 percent hydrocortisone cream (not ointment, which can clog pores).

AT NIGHT. Skin is especially receptive to active ingredients at

night "because this is when the skin repairs itself," says Dendy Engelman, MD, a dermatologic surgeon in NYC. Take advantage of this time by first cleansing with a 2 percent salicylic acid wash, says Gervaise Gerstner, MD, consulting dermatologist for L'Oréal Paris. Follow with an exfoliating serum or pad (we like Origins Modern Friction Instant Brightening Pads, \$40, origins.com). "Your acne products will work better if they're not sitting atop dead skin cells," she says. Finish with a bacteria-banishing benzoyl peroxide spot treatment.

YOUR TOOL KIT

1. **PHILOSOPHY** Clear Days Ahead Oil-Free Salicylic Acne Treatment Cleanser, \$22, philosophy.com
2. **MURAD** Acne Spot Fast Fix, \$18, murad.com
3. **PETER THOMAS ROTH** Acne-Clear Invisible Dots, \$30, peterthomasroth.com



YOU POPPED IT... NOW WHAT?

1. Sterilize the area with rubbing alcohol to prevent infection, says Dr. Schultz.
2. Treat it with equal drops benzoyl peroxide (2.5 percent), salicylic acid (1 to 2 percent), and hydrocortisone (1 percent) cream—Dr. Zeichner swears by this mix for battling bacteria deep in the pore, the clog itself, and inflammation.
3. Need to cover it? Pat on concealer labeled non-comedogenic (i.e., non-pore-clogging) using freshly washed hands.

WHAT YOU CAN DO IN A...

YOUR SEVEN-DAY STRATEGY. A week may be enough time to eradicate a breakout if you use a multilayered system. Ones with spelled-out steps like Proactiv (below), Clinique Acne Solutions Clear Skin System Starter Kit (\$38, clinique.com), and Clean & Clear Advantage Acne Control Kit (\$18, drugstores) are successes because their ingredients are specifically formulated to work together. Plus, three steps is manageable for most people, and consistently applying something is half the battle, says Rebecca Kazin, MD, a derm at the Washington Institute of Dermatologic Laser Surgery.

TOP TIP: Medicated cleansers like these only work if they have time to penetrate the skin. "I recommend applying it, then singing the alphabet before rinsing," says Joshua Zeichner, MD, director of cosmetic and clinical research in dermatology at Mount Sinai Hospital.



YOUR TOOL KIT

1. **PROACTIV** Revitalizing Toner, \$35, proactivcatalog.com
2. **PROACTIV+** Mark Correcting Pads, \$45, proactivcatalog.com
3. **PROACTIV+** Complexion Perfecting Hydrator, \$70, proactivcatalog.com

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