



Q&TRIPLEA

Q My skin is breaking out like a teenager's. What can I do?

▲ Your days of adolescent drama are long gone. Now ditch the acne!



A THE DERMATOLOGIST SAYS:

"Normal hormonal changes, like going off the Pill or pregnancy, can trigger acne even if your skin's always been great. To zap it, use a glycolic acid or

Ava Shamban, M.D., a Los Angeles dermatologist, assistant clinical professor of dermatology at UCLA, and author of *Heal Your Skin*

a .5- to 1-percent salicylic-acid cleanser—for oily skin, up to 2 percent—twice a day to unclog pores. At night, use an acne treatment with up to 5 percent benzoyl peroxide (such as B. Kamins Blemish Gel 5%, \$26) to kill bacteria." Put it on your entire face (if your skin is dry, apply it just on the broken-out areas and moisturize everywhere else), and reapply it on big honkers the next morning, Shamban says. During the day, wear an oil-free face lotion with sun protection that's labeled "noncomedogenic," which means it won't clog pores.



A THE FACIALIST SAYS:

"Do a treatment one to two times a week that gets rid of dead skin, which can mix with your natural oils and bacteria to plug up pores. But beware: Grainy

Julia March, facialist and owner of Julia March Integral Skin Care in New York City

scrubs, washcloths, and facial-cleansing brushes can rupture pimples. Instead, use a clay mask with sulfur, which shrinks zits." And whatever you do, *don't* pop a big whopper. "Squeezing it pushes the pus deeper into the skin, which can lead to scarring," March says. Instead, try the at-home fix her clients swear by: Soak a cotton ball in warm chamomile tea (which is anti-inflammatory and anti-septic), hold it on the spot, then wipe it with witch hazel (which is less drying than some spot treatments). Pat a dot of clay mask or raw honey (an antibacterial) onto the blemish to help it heal.



A THE MAKEUP ARTIST SAYS:

"To cover zits, first dab a mattifying lotion (such as Origins Zero Oil Instant Matte Finish, \$12.50) on them to blot shine. Then use an opaque

Brett Freedman, celebrity makeup artist and founder of Vanitymark Cosmetics

concealer—one that comes in a pot or stick and has a thick, tacky consistency—in the shade closest to your skin tone. Put it on *after* the rest of your makeup, when pimples aren't as obvious—it'll be less work to hide them." Using a small, pointy concealer brush—"not your finger, which can thin out the formula," says Freedman—dot concealer directly on each spot. Brush in tiny strokes around the base to blend, then set with pressed powder. And steer clear of shimmery makeup, Freedman says. "It acts like a spotlight on spots."

—SALLY WADYKA

CLEAR SOLUTIONS



Neutrogena Oil-Free Acne Wash, \$6.49, contains 2% salicylic acid.



DDF Sulfur Therapeutic Mask, \$38



Raw honey acts like an antibacterial on pimples.



CoverGirl CG Smoothers Concealer, \$7



MAC Blot Powder Pressed, \$23

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