

4 STRATEGIES FOR ...

Spot-Free Skin

Just when you thought you were done with blemishes for good, adult acne is on the rise. Treat it gently with natural ingredients that support—rather than strip—your skin.



A



B



C



D

If you're noticing blemishes for the first time in years, join the club. According to a new study from the American Academy of Dermatology, the most common form of acne is adult acne. To treat it, take an inside-out approach, then tackle it with care.

1 PAY ATTENTION TO YOUR PLATE Food allergies can sometimes show up as acne. If you're breaking out every time you eat a specific food, there may be a link. Also, according to a new study from the AAD, dairy may aggravate acne. "It's not clear if it's the hormones that are fed to the cows or something else," says Loretta Cirialdo, M.D., a dermatologist in Miami. "But I suggest that patients limit their dairy intake, or at least stick to hormone-free milk and cheese."

2 NOTICE WHEN YOU BREAK OUT If food isn't a trigger, consider what's going on in your life when flare-ups occur. They might be related to hormones or anxiety. "I believe that acne is very often a stress-related problem," Cirialdo says. "Some get headaches or stomach trouble, and others break out." If there's a pattern, try stress-reducing techniques.

3 LOOK FOR EFFECTIVE, NATURAL ACTIVE INGREDIENTS

To treat the blemishes that have already erupted, look for ingredients like natural acids and tea tree oil. Salicylic or glycolic acid works by unclogging the pore, while tea tree has anti-inflammatory and antibacterial properties.

4 STICK TO A ROUTINE

Cleanse and moisturize daily with products that treat the cause of blemishes (clogged pores). To keep dead skin from building up on the surface, try a gentle exfoliator once or twice a week.

Pictured left

- A *Origins Zero Oil Deep Pore Cleanser, \$19; origins.com*
- B *Burt's Bees Natural Acne Solutions Daily Moisturizing Lotion, \$18; burtsbees.com*
- C *Alba Botanica Natural AcneDote Invisible Treatment Gel, \$10; albabotanica.com*
- D *Derma E Very Clear Cleansing Scrub, \$14; dermae.net*



Q **MYTH BUSTER**
DOES CROSSING YOUR LEGS GIVE YOU SPIDER VEINS?

A **No.** A spider vein is a broken capillary, less than 2 mm in diameter, located just below the surface of the skin. By age 50, half of all women have them. Spider veins are largely hereditary; if they afflict the females in your family, be on the lookout for early signs like tiny blue, red, or purple dilated capillaries, says Luis Navarro, M.D., founder and medical director of the Vein Treatment Center in New York City. While there's nothing you can do to avoid them if they're your genetic destiny, you can slow their development. Pregnancy, birth control pills, and hormone replacement therapies can be triggers, but so can lack of exercise, prolonged sitting or standing, and obesity.



PREP THE HAIR
 Work a mousse into hair to give it texture. Back-comb hair slightly at the crown.



MAKE A PONYTAIL
 Gather hair loosely into a ponytail with an elastic. Begin twisting hair clockwise gently.



SECURE WITH PINS
 Tuck the end of the ponytail under the elastic. Use bobby pins to keep it in place.

BASIC SKILLS
A BETTER BUN

This style is a classic for one reason—it's incredibly versatile. Wiggle the bun so it loosens and pull out a few wisps of hair to frame your face for an easy daytime look. Add a light styling gel and a jeweled bobby pin for a polished version that's perfect for evening. Here's how to do it step-by-step, according to Pam Nigro, stylist and owner of Pamela's Eco Studio in San Diego.