

MARCH 2015

# FamilyCircle

THE  
WELLNESS  
ISSUE

*Spring Cleaning // Healthy 20-Minute Dinners // Good-Mood Food*



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# STYLE

BEAUTY NEWS / FASHION TRENDS / BEST PRODUCTS

A black and white photograph of a woman's face and upper torso. She is looking directly at the camera with a slight smile, but her right hand is raised to her face, covering her eyes. She has dark, glossy lipstick and dark nail polish. Her hair is pulled back. The background is a plain, light color.

## BEAUTY CONFIDENTIAL

We asked, you answered. Read on for the simplest solutions for your biggest struggles—dry hair, dark circles, weak nails and more—straight from the experts.

BY DORI KATZ

PHOTOGRAPHY BY SONJA PACHO



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## ***My dark circles look worse than ever. How can I get rid of them, or at least cover them up?***

Dab on an eye cream in the morning and evening that contains vitamin C or K, both of which help reduce pigmentation. Keep the product in the fridge—the cool temperature helps reduce puffiness, says Joshua Zeichner, MD, assistant professor of dermatology at Mount Sinai Hospital in New York City. Next, look for a concealer with the right color-correcting pigments for your discoloration, says celebrity makeup artist Emily Kate Warren. If the area looks red, try a green-based color; if you see blue undertones, opt for an orange base; and if it's purple, stick with yellow-based products.

**TRY** Yes to Grapefruit Dark Circle Correcting Eye Cream, \$16; VIta-K Dark Circles Eye Treatment, \$15; Make Up For Ever Camouflage Cream Pot (in 10 shades), \$20

## **My scalp is flaky—do I have dandruff?**

The size of the flakes will help identify scalp issues, says Amy Wechsler, MD, a dermatologist in New York City.

Smaller flakes are often dry scalp, whereas larger ones (usually accompanied by itchiness) mean dandruff. Treat dryness by shampooing less often (every two to three days), opt for a nourishing conditioner and apply a hydrating hair mask once a week. For dandruff, switch to a shampoo with zinc pyrithione. Gently rub it onto your scalp and let it absorb for five minutes before rinsing, says Zeichner.

**TRY** Head & Shoulders Instant Relief Shampoo, \$8; Nexxus New York Salon Care Humectress Restoring Conditioner, \$17; L'Oréal Paris Advanced Haircare Power Moisture Rush Mask, \$7

***Add a neck cream with peptides to your nightly routine—it will boost collagen and firm skin.***

## **Thanks to allergies, my eyes water nonstop. Is eye makeup off-limits?**

You can wear eye makeup, says Warren, as long as it's hypoallergenic. Keep shadow and liner on the actual eyelid and don't line the inner rim to avoid irritation. Remove makeup with an oil-free product.

**TRY** Almay Soothing & Depuffing Gentle Eye Makeup Remover Pads, \$6; L'Oréal Paris Infallible Smokissime Powder Eyeliner Pen, \$10; Physician's Formula Shimmer Strips Custom-Eye Enhancing Extreme Shimmer Shadow & Liner, \$12

## ***Every time I shave, my skin gets red and rashy. What can I do to prevent irritation?***

Soak in warm water for a few minutes to soften the hair follicles, says Wechsler. Exfoliate with a granular scrub to avoid ingrown hairs, and then shave upward with a razor that has two or three blades. Finish with a body moisturizer containing oatmeal to hydrate and soothe.

**TRY** Clay Daily Exfoliating Body Wash, \$5.50; Gillette Venus Quench Razor, \$10; Jergens Crema Deep-Conditioning Shea Butter, \$6

## **The skin on my neck looks saggy. I need a fix besides surgery!**


An important anti-aging rule to remember: Your skin doesn't stop at your jawline. When you apply any serum, lotion or sunscreen to your face, continue all the way down to your décolletage, suggests Wechsler. Add a neck cream with peptides to your nightly routine—it will boost collagen and firm skin.

**TRY** Ole Henriksen Ultimate Lift Neck Creme, \$45; Christie Brinkley Authentic Skincare UpLift + IR Defense Firming Neck & Décolleté Treatment, \$68

## **I have a gluten allergy. Should I buy gluten-free beauty products?**

There have been no studies showing that gluten-free beauty products are necessary, says Zeichner. But the answer also depends on the severity of the allergy. To avoid ingesting even a small quantity, play it safe by sticking with gluten-free lip products.

**TRY** Essie Vainly Soft Lip Balm Sphere, \$3; E.L.F. Studio Matte Lipcolor, \$3. Both are certified gluten-free.



## How can I make my skin less shiny?

Start by washing with a gel cleanser, which is great for controlling oil. Next add a few drops of alcohol-free toner to a cotton pad and swipe all over your face, says Wechsler. Rub on a primer with oil-absorbing dimethicone before applying makeup, and always keep blotting papers in your purse for touch-ups.

**TRY** Garnier Shine Control Cleansing Gel, \$6; Kiehl's Ultra Facial Toner, \$16; Boscia Green Tea Blotting Linens, \$10; Maybelline Instant Age Rewind Primer, \$10

## What is the best way to shrink large pores?

Use an exfoliating cream weekly. This will remove dead skin cells that tend to accumulate around pores, making them appear bigger, says Zeichner. Clay masks also absorb excess oil—another cause of enlarged pores. Finally, a topical retinoid stimulates collagen production, which helps prevent clogged pores. Apply a pea-sized amount before bed nightly.

**TRY** Bliss MicroMagic Microdermabrasion Treatment, \$48; Biore Self-Heating One-Minute Mask, \$7; RoC Retinol Correxion Sensitive Night Cream, \$23