

SEVENTEEN

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Glowy Skin IRL



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5 signs your skin is stressed

THE SIDE EFFECTS OF LATE-NIGHT STUDY SESSIONS AND A CRAZY-BUSY LIFE SHOW ON YOUR COMPLEXION. HERE'S HOW TO DEAL. **by Erica Metzger**



Clear mind, clear skin... can't lose!

Peter Thomas Roth Cucumber Gel Mask, \$45, sephora.com; L'Oréal Paris Magic Skin Beautifier BB Anti-Redness Cream, \$11, drugstores

1. YOUR PIMPLES ARE WORSE THAN USUAL

Blame cortisol, the stress hormone your body releases when life gets intense. "When you release cortisol, a little testosterone leaks, too. So along with your already-fluctuating hormones, the extra testosterone makes oil production spike, causing more red, inflamed acne," says dermatologist Neal Schultz, M.D.

THE FIX Wash your face twice a day—no excuses—to remove excess oil, says Dr. Schultz. At night, kill acne-causing bacteria and calm inflammation with a benzoyl peroxide spot treatment. For day, tap a concealer infused with salicylic acid on zits—it hides *and* treats pimples.



Clean & Clear Persa-Gel 10, \$6, drugstores; Neutrogena Skin Clearing Blemish Concealer, \$9, drugstores

2. YOUR EYES LOOK MEGA-TIRED

When you pull an all-nighter cramming for a test, your blood circulation slows down, causing the vessels under your eyes to expand, says dermatologist Jeannette Graf, M.D. Hello, dark circles and puffiness!

THE FIX Sleep, obv. Also, use a concealer with a massaging applicator tip built in (it helps de-puff), and line lids with blue liner—it makes eyes look brighter, says Gita Bass, Simple Skincare celeb makeup artist.

Garner BB Miracle Skin Perfector Eye Roller, \$13, drugstores; Revlon PhotoReady Kajal Matte Eye Pencil in Matte Marine, \$5, drugstores



3. YOUR SKIN IS DULL

Your usual glow goes MIA when you're stressed because your body loses water and doesn't shed dead skin cells as quickly, says dermatologist Amy Wechsler, M.D. **THE FIX** You need a combo of hydration and exfoliation. The easiest solution: a lightweight face oil with salicylic acid (Clinique, here, won't clog pores—promise) to slough away build-up. That, plus a luminous primer, will perk up your skin as fast as your favorite Insta filter.

Maybelline New York Face Studio Master Prima Blar + Illuminate, \$10, drugstores; Clinique Turnaround Revitalizing Treatment Oil, \$36, clinique.com



4. YOUR FACE IS RED

Inflammation is another sucky result of stress. Along with making your skin sensitive, dry, and irritated, it can trigger facial dandruff (it's a thing!)—tiny flakes around your nose and eyebrows, says Dr. Schultz.

THE FIX A mask made with anti-inflammatory ingredients like chamomile, cucumber, or aloe will quickly soothe your skin. And a BB cream with a subtle green tint will neutralize any redness.

5. YOUR CUTICLES ARE RAW

A common stress-induced habit: picking at your nails. It's an attempt to gain control and harness nervous energy, says Dr. Wechsler. **THE FIX** Heal broken skin with a cuticle cream, and paint tips a soft shade of green. Studies show it has a calming effect.

Sally Hansen Cuticle Massage Cream, \$4, drugstores; Essie Nail Polish in Blossom Dandy, \$8.99, essie.com

