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would with two separate products.

The mild detergents make cleansing conditioners an option for people with fragile hair or dry, coarse texture, Monahan says. Detergents can be harsh on damaged hair and maybe drying on brittle textures, she says. "Those with dry hair or a dry scalp really benefit from added conditioning because they don't tend to need to cleanse as often, and moisture is more important to them."

The added conditioners and hydrating benefits can also help tame frizz, Romanowski says. And using a cleansing conditioner can help preserve color-treated hair.

The products aren't right for everyone, however. "I would avoid this category if you have an oily scalp and fine hair or tend to have product buildup," Monahan says. Without the potent cleansers, you could end up

Dirty Secret

"I usually do not apply lotion on my skin that's covered with clothing. Is that a mistake?"

Yes, you'll likely see some damage to your skin if you continue to skip moisturizer regularly. During the late fall and winter, when it's cold outside with low humidity in the air, the No. 1 cause of irritation and itchiness is essentially dry skin. It's because most people don't use a moisturizer below the neck. When exposed (versus protected with a body cream), your skin is more prone to irritation from clothing, eczema, and cracking.

Add one—or all—of these pro picks to your moisturizing arsenal: **CeraVe Moisturizing Cream** (\$13.99) is packed with ceramides (it's how the product gets its name), which helps create the foundation for a healthy skin barrier; **Gold Bond Ultimate Healing Lotion** (\$7.99) has vitamins A, C, and E, and it's thick enough to coat the skin and maintain moisture; **Aquaphor Healing Ointment** (\$13.79) is a great choice for people with extra-dry skin—it's an ointment, so it really seals in moisture and protects against harsh winter elements.

Chynna Steele, MD

board-certified dermatologist, Steele Dermatology, Atlanta



HIGH AND DRY

DRY SHAMPOO MAY SOUND LIKE AN OXYMORON, BUT THIS PRODUCT IS AN ESSENTIAL FOR MANY HAIR STYLISTS.

"Dry shampoo is underused," says Matthew Fugate, a celebrity stylist based in New York City. "Everyone can benefit from using it."

Usually an aerosol or lightweight powder, a dry shampoo can refresh hair, add volume, remove oil, and soak up styling products so hair looks cleaner. But the name is a bit of a misnomer, says Perry Romanowski, a Chicago-based cosmetic chemist. "The way they work is that a starch is sprayed onto hair to absorb oils, and you comb it out," he explains. "It's dry cleaning for your hair."

He advises holding the spray or powder about 6 inches from your head and lightly dusting your roots to refresh limp or dirty strands.

Dry shampoos can extend the time between washes, but you'll still need to hit the shower for a true cleansing, Fugate says.

with flat hair rather than the "squeaky clean" feel you get from traditional shampooing, she adds.

Even if you're an ideal candidate for this one-step solution, Monahan suggests that you don't abandon

your separate wash-and-condition regimen completely. "You should still take a break a few times a month and cleanse separately to ensure you remove any dirt and oil that can build up on the scalp."



AISLE DO

PRODUCT PICK

Revision Skincare Black Mask (\$32)

EXPERT

Kate Holcomb, MD

assistant clinical professor of dermatology, Tulane University School of Medicine

"So many products make my acne-prone skin flare up, so I'm often reluctant to try anything new. But a medical assistant in my office kept raving about this mask. I gave in and tried it—now I'm hooked. I often forget about masks because I'm so busy at work

and home, but I've been able to wear this for 15 to 20 minutes before bed once a week or so. The results are worth the added step.

"The mask gently exfoliates and clears my pores while also adding moisture. This has never caused my skin to break out, either. Silt, derived from plants and minerals in a freshwater lake, tea tree oil, and sage help detoxify the skin and draw out pore-clogging impurities. Salicylic acid provides gentle exfoliation, and squalene and glycerin offer hydration that leaves my skin feeling soft and moisturized. Make sure to warn anyone in your house before you use it—its greenish-black color may scare your kids!"

Reviewed by
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WebMD Beauty Expert