

marie claire

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P. 162

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Sensitive skin?
Nonchemical
SPF is less
irritating.

TWITTER TIPS

SUMMER SKIN S.O.S.

Dermatologists @DrPerricone, @DrFredricBrandt, @DrLupo, and @DrDorisDay tackle your most pressing skin concerns, 140 characters at a time

#HOTMESS



@DawnEnglehart I get so red when I'm hot, but I don't want to splash H₂O on my face and mess up my makeup. Help!

Drink a glass of cold water and apply a cool pack to wrists and back of neck to decrease flushing quickly. (DAY)



@LDG66 My bug bites get inflamed even if I don't scratch, and the scars last months. What's the proper protocol?

Dab on a 1 percent cortisone cream for three days, and don't let the sun hit the inflamed area. (LUPO)



@jamiegrace My mineral foundation has SPF. If I use it all over my face, do I really need another sunscreen?

Yes. You'd need to apply at least 1 teaspoon to get enough coverage, so I suggest using another sunscreen or lotion first. (BRANDT)

#CLEANUP



@Only1Krystin How do I deal with the combo of oily T-zone/dry cheeks during warmer temps without using two different cleansers?

A cleanser with alpha-lipoic acid normalizes skin (adds moisture/decreases oil) and works well all over. (PERRICONE)



@SuzanneWKNYC If I take off makeup and sunscreen with face wipes at the end of the day, is it as good as washing?

No. The wipes will give you some degree of removal, but not enough. (BRANDT)



@acvargas123 Is it OK to use an exfoliating cleanser 7 days a week? Mine has little beads but no acids or anything.

Yes, if it's gentle. But if moisturizer burns when you apply it after cleansing, then you need to back off the exfoliating. (DAY)

#INTHECLEAR



@_paoling_ I only get pimples on my chin. Could it be from my phone?

Probably not. It's more likely hormonal adult acne. See a dermatologist. (DAY)



@lea My facialist says I get white bumps on my skin in summer because my "bad" sunscreen is clogging pores. True?

It might actually be irritation caused by the ingredients. Look for a nonchemical SPF that protects with titanium dioxide or zinc oxide. (PERRICONE)



@ninaelias I love the smooth finish of those new skin-blurring products, but will any of them clog pores or cause pimples?

They're made primarily from silicone derivatives and are not pore-clogging. (LUPO)