

Q.
Is mineral
foundation
better for
my face?

A.

Yes, since mineral powders are typically free of irritating preservatives and fragrances. Just pick one without bismuth oxychloride, a mineral that can burrow into pores, causing inflammation that might make them appear larger. Try Jane Iredale

Amazing Base (\$42;
janeiredale.com).

—KB

Skin Care Steals

For some of us, nothing's more fun than scanning the beauty aisles to see what might be worth a splurge. But there's one product you never need to spend extra on: "Face wash sits on skin for only a few seconds, so costly versions aren't worth it," says New Orleans dermatologist and *Prevention* advisor **Mary P. Lupo, MD**. Instead, look for an inexpensive cleanser for your skin type:

1. Combination Skin

WASH THIS WAY: **Bioré Combination Skin Balancing Cleanser** (\$8; drugstores)

2. Oily Skin

WASH THIS WAY: **Cetaphil DermaControl Oil Control Foam Wash** (\$12; drugstores)

3. Dry Or Sensitive Skin

WASH THIS WAY: **Simple Moisturizing Facial Wash** (\$7; drugstores) —Jennifer Goldstein



Don't Dry Out When You Fly Out

Jetting to your summer vacation? Skin's moisture levels can drop even on short flights, according to a study that found cheeks were up to 37% drier after just 2 hours on a plane. The fix: Use moisturizer before takeoff and revive with a hydrating blush, such as **Tarte Maracuja Blush & Glow Brightening Luminizer and Cheek Tint** (\$32; sephora.com), when you land. —Nina Elias

