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JUL/AUG/SEPT
2020

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with amino acids in your skin to form brown compounds called melanoidins that stain your skin. As the surface skin cells rub off over the course of 7 to 10 days, the tan wears away.

AVOID ALCOHOL

Robinson advises opting for an alcohol-free tanner because alcohol is not only drying but can also trigger skin reactions including dermatitis and rosacea flares.

PATCH TEST

"As with any topical product, you risk an allergic reaction," Robinson warns. "It's always wise to test an application on a small area before coating yourself in it." Doing a patch test serves another

purpose—it will help you determine how the color will develop. "I recommend always to do a spot test first to check the shade level and how it reacts with your unique skin tone," says Courtney Claghorn, founder of Sugared + Bronzed spray tanning salons.

START SMOOTH

DHA deposits into the dead surface layer of the skin, so you want to remove the flaky layers that are about to shed—any dry patches will react with the tanner and look darker than other areas. That's why preparation is crucial, explains Fabiola Trujillo, owner of Sobe Tan in Miami. She advises exfoliating ahead of time with a washcloth or loofah in the shower to ensure

DIRTY SECRET

"I don't use an antiaging eye cream."



SPREAD ON THICK

"An eye cream is a good idea because each is formulated to be thicker so it won't run into the eyes. In general, eye creams are designed to penetrate without a lot of liquidity, which helps to avoid burning or irritation."

YOU'RE THIN-SKINNED

"Antiaging treatments can be especially beneficial because the eye area is the first to show signs of aging—the skin is much thinner and it's a dynamic spot due to smiling and squinting. Eye creams can be formulated with peptides or growth factors to build collagen or retinoids to repair and brighten."

SPOT TREAT

"You can use a standard facial moisturizer on your eye area if you opt for a serum or gel that stays put and won't migrate into your eyes. But my advice is to use an antiaging product designed for the eyes containing retinoids and peptides or growth factors and layering SPF on top during the day."

—Mary Lupo, MD, dermatologist, New Orleans

AISLE DO

MUD BATH

THERE'S SOMETHING ABOUT SLATHERING ON A THICK LAYER OF MUD THAT FEELS OH-SO-GOOD. GIVE IT A TRY WITH THESE TOP MUD MASK PICKS FROM DERMATOLOGISTS.



PRODUCT PICK

GLYTONE ACNE TREATMENT MASK (\$36)

"This sulfur-based formulation contains kaolin and bentonite clays to help acne-prone skin. Sulfur helps control sebum production from the oil glands, quiets sensitive skin, and fights inflammatory acne."

Melanie Palm, MD,
dermatologist and cosmetic surgeon, Solana Beach, CA



PRODUCT PICK

OLAY MASKS CLAY STICK PORE DETOX (\$13)

"This combination of charcoal and kaolin clay comes in a stick, so it's not as messy as traditional clay masks. I also like that it leaves your skin feeling well-moisturized as opposed to too dry and tight."

Sapna Palep, MD,
dermatologist, New York City



PRODUCT PICK

REVISION SKINCARE BLACK MASK (\$45)

"This is my favorite mask that's suitable for all skin types. It's made from silt from European freshwater lakes and contains two natural clays, kaolin and bentonite, to diminish the appearance of pore size and absorb excess oil without leaving skin dry or irritated."

Young McMahon, MD,
dermatologist, Waco, TX

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