


**INSIDE
tip**

According to Dr. Khorasani, small broken blood vessels that are the result of a bad bout of redness and tissue injury and wound repair, can easily be taken care of with a pulsed-dye laser like the VBeam laser.

**PROBLEM
02**

I admit to having a heavy hand lately with my skin-care products. I've overdone it and now my skin is flaking out of control.

WHAT IT'S FROM

A harsh peel, product mixing or overusing alcohol- or acid-based skin care

HOW IT HAPPENS Anything that's too harsh and drying for the skin causes it to become sensitized, which can keep it from functioning optimally. Chemical peels do wonders in terms of exfoliation, but a common side effect of them is peeling and flaking. Overusing ingredients, mostly those that are for acne or anti-aging, like retinol and glycolic and salicylic acids, can cause a similar effect, leading to peeling, flaking and even a mild burning. "The skin often flakes after it has experienced some degree of inflammation, signaling that the inflammation is over," says Manhattan Beach, CA, dermatologist Ashley Magovern, MD.

HOW TO FIX IT Any time the skin has been abused, is dry and compromised, you need to change what you're using.

+ TREAT IT WITH
AT-HOME REMEDIES

- Celebrity aesthetician Nerida Joy says to switch to a gentle nonfoaming, fragrance-free cleanser. Next, apply a light hydrator (lotion or serum) to provide moisture.
- "Skip drying toners, which can dry out the skin. You want to get the skin to a point where it can 'breathe' again, so that it doesn't become congested and lead to even more problems," Joy explains.

DOCTOR'S ORDERS When all else fails, apply a low-dose topical steroid cream to the affected areas for a few days. "Make sure that you don't overuse the cream because it can cause acne and a rebound in redness. Check with your dermatologist or plastic surgeon on this one," says Dr. Magovern.



PRODUCT PICK
La Prairie Cellular Swiss Ice Crystal Dry Oil douses the skin with rare oils that rebuild the skin's moisture content while calming, soothing and protecting it, too. \$300, laprairie.com

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PRODUCT PICK

Comforting for skin in need, **Clarins Water Comfort One-Step Cleanser with Peach Essential Water** cleans without the need for water. Apply the peach-based liquid to your skin with a cotton pad and gently wipe clean. \$33, clarins.com

Lately, my skin feels incredibly itchy and supertight—I feel completely out of sorts.

WHAT IT'S FROM

Washing with stripping cleansers, cold weather or a low-fat diet

HOW IT HAPPENS When the air outside is too cold, it can make your skin feel dry, tight and uncomfortable—the same goes for washing with the wrong type of cleanser. "Women don't maintain moisture well when it's cold and dry out. Microscopic openings and tears form and the skin easily becomes irritated," says Dr. Magovern. Joy adds, "Washing with anything with too much detergent or something that is too foaming strips away natural lubrication and makes the skin's surface dry. When there's dryness, natural oils can't escape and the skin can become congested."

HOW TO FIX IT Avoid overwashing (no more than twice per day), exfoliating too frequently and being too rough on your skin. A lack of fat in the diet, which provides skin with essential fatty acids and helps keep the skin cells lubricated and functioning properly, will dry out skin and can cause it to feel tight and uncomfortable.

WHY PH MATTERS

The pH level of your skin plays a big role in how skin reacts to certain treatments, products and even the environment around you. "Maintaining an ideal pH balance in the skin is extremely important in maintaining its health," explains Wong. "When the skin is taken outside of its natural pH levels (4.5 to 5.5), it can't defend itself against pollution, bacteria and fungus. This opens the door to problems like aging, eczema and acne." The most common reason for pH level changes are products that teeter too far on the acidic or alkaline scale and a poor diet.

**PROBLEM
03**
+ TREAT IT WITH
AT-HOME REMEDIES

- To alleviate tightness, Wong says to turn on a humidifier, which will add moisture to the skin.
- Skip products with alcohol and acids. Instead, apply a thin layer of a light, noncomedogenic, hydrating lotion and a repairing serum.
- Make sure your diet includes plenty of healthy essential fatty acids—think salmon, flax seeds, walnuts and canola oil—which may have a positive effect on skin's lipid content.

DOCTOR'S ORDERS Topical steroid creams and a nonsoap cleanser used twice daily may be recommended, too.


FIND A BEAUTY DOCTOR NOW!

The essential guide to help you make the right choices. Turn to page 169.

**INSIDE
tip**

If you tend to break out when you travel, pack your own cleansers—bar soaps found in hotels can be full of detergents and additives that can instigate breakouts.


PRODUCT PICK

Despite the fact that it's a clay mask, **DDF Sulfur Therapeutic Mask** doubles as a spot treatment to quickly clear up unsightly blemishes on the skin. \$45, ddfskincare.com

**PROBLEM
04**

Help! I just woke up and there's a pimple on my chin—and, I have a wedding to go to tomorrow.

WHAT IT'S FROM
Stress

WHY IT HAPPENS Breakouts always seem to surface at the worst times (read: right before a big event) and, usually, with little to no time to get them under control. But, what most people don't know is that pimples manifest over the course of weeks, if not months, and slowly show on the skin. When stress levels are heightened, there is an increase in oil production. "When the excess oil mixes with clogged pores it compounds everything and the result is a big acne bump," says Dr. Magovern.

+ TREAT IT WITH

Whenever a pimple arises, the best thing you can do is not pick at it. Dr. Gerstner advises, "Stay out of the sun so it doesn't scar." The key to keeping acne at bay, especially if you are acne-prone, is to use a retinol or prescription-strength retinoid on a regular basis to keep your pores clean and the rate of cell turnover normalized.

AT-HOME REMEDIES

- Apply ice to the pimple for about 10 minutes every hour throughout the day to reduce inflammation underneath the skin.
- Use an anti-acne spot treatment or cortisone cream (cortisone cream isn't as strong as an injection, but it acts similarly).

DOCTOR'S ORDERS A local shot of cortisone that is administered by your dermatologist works over 24 to 48 hours. "It drains the pimple and decreases inflammation that's present so that it dwindles in size and severity much faster," says Dr. Magovern.

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