

# Your Top 10 Skin Annoyances—Solved!

The debt ceiling it's not, but, *man*, can skin be complicated. So sit back and let *Glamour's* pros fix your most irksome everyday concerns. BY JESSICA BAUMGARDNER



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IT'S THE LITTLE THINGS that can drive you crazy. You check your lipstick in the mirror, and suddenly you're wondering, Why can't I get this constellation of blackheads to disappear from my forehead? Or, OMG, is that a wrinkle? And what's up with all these broken capillaries? Here's how to fix those annoyances—so you can get back to the important stuff, like checking that lipstick (it looks fine, BTW).

## ANNOYANCE #1

### Combo Skin

Got dry, itchy cheeks *and* a big zit on your nose? The universe is unfair that way, but Diane Berson, M.D., assistant professor of dermatology at Weill Medical College of Cornell University in New York City, suggests looking for products that have salicylic acid, great for removing surface oils, *and* niacinamide, which hydrates and restores the skin's barrier. For combo skin, treat it like it's dry, with gentle oil-based products, says Joanna Czech, an aesthetician in New York City. "Oil dissolves oil," she says. Kaolin clay masks also absorb excess T-zone oil without drying out skin, while old-fashioned balm soothes super-dry patches. Ellen Marmur, M.D., chief of dermatologic and cosmetic surgery at Mt. Sinai Medical Center in New York City and author of *Continued on next page* ▶▶



Simple Skin Beauty, likes using a gentle moisturizer, such as StriVectin-SD for Sensitive Skin (\$79, strivectin.com), on the whole face and Plexion pads (available by prescription) to de-oil just the T-zone.

**ANNOYANCE #2**

## Pesky Pimples

For better or worse, fighting acne is more of a long, drawn-out cold war than a quick battle. If you stay vigilant and consistent with your skin care regimen, you'll see results, says Joely Kaufman-Janette, M.D., a Miami dermatologist. And keep in mind, "skin can take weeks to recycle, so be patient," she says. Here's your plan: Use a cleanser or scrub with alpha or beta hydroxy acids daily to wash and exfoliate. (Products containing benzoyl peroxide or salicylic acid work too.) For emergency spot treatment, place a drop of benzoyl peroxide mixed with hydrocortisone on the blemish. Just don't overdo it with the hydrocortisone (it's a steroid cream); acne can get worse. If your skin becomes

too dry, decrease exfoliation to three times a week, and look for a moisturizer marked *noncomedogenic*. Oh, and no soap! Use a gentle cleanser instead. "Harsh soaps and cosmetics can cause skin to dry out and become inflamed, triggering more break-outs," says Dr. Marmur.

**ANNOYANCE #3**

## Dark Skin Spots

If you have dark skin, a slight mark (from popping a zit or plucking a stray hair) can turn into a hard-to-remove hyperpigmented spot. Czech recommends Environ Evenescence Clarifying Lotion (\$80, 877-337-6227 for retailers). "People come to me after botched lip waxes that leave a scar," she says. "After two months of using it, the discoloration evens out." Dark skin can also get dermatosis papulosa nigra, brown freckling around the eyes and cheeks. And as always, a good sunscreen is still the best prevention. Gel-based ones have a consistency that's bet-

ter for black skin: "They don't go on white, so they're cosmetically elegant for people with dark skin," says Dr. Marmur.

**ANNOYANCE #4**

## Crow's-Feet

If you've got them, the first step is to invest in sunglasses—no, not to hide them. "Wearing big shades with side lenses keeps you from squinting in the sun," which can cause wrinkles, explains Dr. Marmur. Melissa Shea, a facialist at VMV Hypoallergenic in New York City, says it's also important to keep the eye area hydrated 24/7, not just at night—daytime activity and dry work environments can deplete moisture from that fragile skin. "Reapply your eye cream midday, and massage it in gently with your ring finger to warm the area and allow it to penetrate better," she says. Look for eye creams with peptides, which stimulate collagen and restore the moisture barrier in the skin, according to Dr. Berson.

Want more advice? Head to [glamour.com/about/skin-care](http://glamour.com/about/skin-care).

## 10 "Annoyances" That Actually Make You Cooler

These traits are your beauty signature. Just take a look at these famous faces.



**1. EARS THAT STICK OUT**  
As seen on Kate Hudson, Ginnifer Goodwin



**2. A PRONOUNCED NOSE**  
Lea Michele, Sarah Jessica Parker



**3. SUPER-PALE SKIN**  
Anne Hathaway, Christina Hendricks



**4. CROOKED TEETH**  
Kirsten Dunst, Miley Cyrus, Avril Lavigne



**5. A SCAR**  
Padma Lakshmi, Tina Fey, Sandra Bullock



**6. A MOLE**  
Eva Mendes, Natalie Portman, Erin Wasson



**7. THICK EYEBROWS**  
Camilla Belle, Jennifer Connelly



**8. A TOOTH GAP**  
Anna Paquin, Lara Stone, Lauren Hutton



**9. THIN LIPS**  
Carrie Underwood, Jennifer Aniston



**10. FRECKLES**  
Lucy Liu, Julianne Moore, Bar Refaeli

HUDSON: SPLASHNEWS; MICHELE: JORDAN STRAUSS/WIREIMAGE; HATHAWAY: VICTOR BOYKO/GETTY IMAGES; DUNST: FRANCOIS GUILLOT/AFIP/GETTY IMAGES; LAKSHMI: JORDAN STRAUSS/WIREIMAGE; MENDES: JON VODAL/CELEBIMAGE; PORTMAN: JEFFREY MATTIOLI/GETTY IMAGES; PARKER: JEFFREY MATTIOLI/GETTY IMAGES; FEY: JEFFREY MATTIOLI/GETTY IMAGES; BULLOCK: JEFFREY MATTIOLI/GETTY IMAGES; BELLE: JEFFREY MATTIOLI/GETTY IMAGES; CONNELLY: JEFFREY MATTIOLI/GETTY IMAGES; PAQUIN: JEFFREY MATTIOLI/GETTY IMAGES; STONE: JEFFREY MATTIOLI/GETTY IMAGES; HUTTON: JEFFREY MATTIOLI/GETTY IMAGES; UNDERWOOD: JEFFREY MATTIOLI/GETTY IMAGES; ANISTON: JEFFREY MATTIOLI/GETTY IMAGES; LIU: JEFFREY MATTIOLI/GETTY IMAGES; MOORE: JEFFREY MATTIOLI/GETTY IMAGES; RAFAELI: JEFFREY MATTIOLI/GETTY IMAGES



**ANNOYANCE #5**

## Acne Scars

Not all of 'em are created equal. There is postinflammatory hyperpigmentation (red spots) and pitted depressions. For the former, a prescription retinoid or retinol will help fade the spots gradually, as will using sun protection, says Dr. Berson. (Alpha-beta peels will fade them even faster.) If your scars are the pit variety, a laser is your best option. "My patients using the Fraxel laser for scars say it's changed their lives," says Dr. Marmur. Since in-office treatments can be pricey, Czech also likes scar-softening enzymatic peels, such as the Pumpkin Peel from Protective Nourishment (\$55, [protectivenourishment.com](http://protectivenourishment.com)). But the *best* thing to prevent acne scars? "Don't pick your face!" says Dr. Marmur.

**ANNOYANCE #6**

## Stubborn Blackheads

What works on those unbudgeable black holes? Michele Green, M.D., a New York City dermatologist, says her patients love Bioré Pore Strips (\$8-\$10, at drugstores). "I can tackle blackheads one by one in my office, but the strips work best," she admits. Or try Melissa Shea's DIY pore-unblocking mask: "Make a paste with one part water, two parts baking soda," she says, "apply on face, let dry for 10 minutes, then wash off." Dr. Berson suggests applying a product with salicylic acid to the problem area to break down the sebum that gets stuck in the pores and causes the blackheads.

**ANNOYANCE #7**

## Patchy Redness

Whether it's rosacea or broken capillaries, you *can* get rid of the red bloom. Those with rosacea should use products for sensitive skin, says Dr. Marmur—patch-test any new ones on your arm—or ones with gentle redness reducers, like licorice. Stay out of the sun; heat and light can dilate and damage delicate capillaries. Wear a full-spectrum sunscreen every day, even indoors, says Shea. "If redness is severe, try an SPF with a green tint," she adds; the green cancels out redness. (See the one

from VMV Hypoallergenics, right.) Finally, spicy food and alcohol can trigger flushing, so go easy on Margarita Monday—and eat bananas, which can actually keep redness away. "They're loaded with vitamin K to strengthen capillary walls," says Shea.

**ANNOYANCE #8**

## Brown Spots

Freckles are cute, but when they turn pronounced and livery, studies show they can make you look older than wrinkles do, says Dr. Marmur. First, WEAR SUNBLOCK EVERY DAY (yes, we're shouting) "or you'll get new spots and the ones you have will get darker," warns Dr. Berson. Second, use products with retinol, niacinamides and soy—all have been found to fade hyperpigmentation. And some skin types can handle hydroquinone or chemical peels.

**ANNOYANCE #9**

## Dark Circles

They're tough to treat because they have so many causes: genetics, allergies, gravity, sun damage, even vascular problems. "A lightening eye cream with hydroquinone is a good start," says Dr. Kaufman-Janette. So are those with pigment-reducing vitamin C, retinols and soy, says Dr. Berson. Or camouflage with makeup. "Try an oil-based foundation one shade lighter than your skin color—not a concealer, as that tends to highlight the area," says Czech.

**ANNOYANCE #10**

## Puffy Eyes

Stay Puft marshmallow-esque eyes are easier to banish than dark circles: Get more sleep, drink extra water and avoid salty foods, and they generally deflate. For a quicker fix, Czech places a lukewarm chamomile or dandelion tea bag or the back of a frozen teaspoon over each eye. (Coat lashes with eye cream first or you risk pulling them out—it's that tongue-on-cold-metal effect.) Or, Shea says, "for 20 minutes, lie on your back with feet elevated 10 inches. Place a cool, damp green-tea bag over each eye. The caffeine relieves water retention," and the leg elevation helps circulation. Constantly puffy eyes can signal something serious, so check with your M.D. ■

## Top 10 Problem Solvers

Our annoyance-busting picks

**SUPER-GENTLE SCREEN**

La Roche-Posay Anthelios 50 Mineral Sunscreen (\$32, [laroche-posay.us](http://laroche-posay.us))

**COOL DEPUFFER**

Clinique All About Eyes Serum De-Puffing Eye Massage (\$26, [clinique.com](http://clinique.com))

**REDNESS FIXER**

VMV Hypoallergenics Armada Post Procedure Barrier Cream 50+ (\$60, [vmv-hypoallergenics.com](http://vmv-hypoallergenics.com))

**BLACKHEAD BUSTER**

Neutrogena Rapid Clear Foaming Scrub (\$8, at drugstores)

**CIRCLE ERASER**

Murad Lighten and Brighten Eye Treatment (\$67, [murad.com](http://murad.com))

**SKIN-FRIENDLY OIL**  
Nude Cleansing Facial Oil (\$36, [sephora.com](http://sephora.com))

**SCAR SMOOTHER**  
Dr. Dennis Gross Extra Strength Alpha Beta Peel (\$85 for 30 applications, [qvc.com](http://qvc.com))

**EYE-LINE HELPER**

Physicians Formula Intensive Wrinkle Corrector Eye Cream (\$17, [walmart.com](http://walmart.com))

**SPOT REMOVER**

Garnier Skin Renew Clinical Dark Spot Corrector (\$17, at drugstores)