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love your life

21 RED-HOT Q&As

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The summer skin-care switch

Think back to last summer: the beach days, the picnics... the sunburns, the breakouts. Before the blazing sun and high humidity wreak havoc on your skin this year, make some smart changes to your skin-care routine. Here, **David E. Bank, M.D.**, a dermatologist in Mount Kisco, NY, revamps the skin-care routines of three REDBOOK readers—so they'll be sitting pretty all summer long.



SKIN TYPE:

Combination

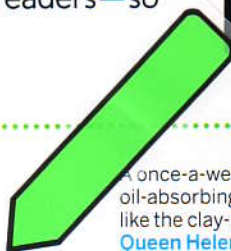
Lisa, 37, finds that though she does get oily, she's also quite dry in the winter, so she's been using a line of very rich products. What Bank sees is a likely case of seborrheic dermatitis—a very common condition (we're talking 40 percent of the population!) caused by an overgrowth of yeast on the scalp. The yeast migrates down to the face, making skin both greasy and flaky; it also causes dandruff. "It's a vicious cycle," Bank says: Lisa feels dry, so she uses a heavy cream on her face, which is actually making the condition worse. Here's Lisa's new lineup:



An oil-free moisturizer with sunblock for every day, like **Aveeno Ultra-Calm Daily Moisturizer SPF 30**, \$15.



A sulfur-containing blemish treatment that is both antibacterial and antiyeast, such as **Dr. Dennis Gross Skincare Trifix Acne Clearing Lotion**, \$35.



A once-a-week oil-absorbing mask, like the clay-based **Queen Helene Mint Julep Masque**, \$3.50. Lisa already had in her regimen. "When skin is feeling oily in the summer, this is a good quick fix," Bank says.



An oil-free moisturizer with hyaluronic acid, which keeps skin hydrated, or retinol, an antiaging/anti-acne ingredient. One with both: **Vichy Liftactiv Retinol HA Night**, \$42.



A cleanser that's gentle but still gives skin a "clean" feeling, such as **Therapy Systems Calm and Clearing Facial Wash with Sea Extracts**, \$28.

A medicated shampoo, like **Neutrogena T/Gel Shampoo**, \$6, once a week. "Even if Lisa doesn't have a scalp problem that she's aware of, a dandruff shampoo can kill off yeast at the source, so the skin on her face will benefit too," Bank says.

