

JULY 2010

Good Housekeeping

DROP 10 lbs. FAST

The Surprising New Plan That Works

SUMMER PARTY FUN!

- * Yummy Recipes (Including Our Flag Cake!)
- * July 4th Decorating Ideas
- * Quickest Cleanup

THE TEST THAT CAN GIVE YOU CANCER
How to Say "No" to Your Doc

JUST **70** CALORIES!
ICE CREAM TREAT
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The **Real Rachael**

How she handles the haters, why her off-beat marriage works— & does she *really* want a baby?

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Skin Savers

1 SHIELD SKIN POST-SHOWER

Apply sunblock *before* getting dressed if you plan to spend time outdoors. Without the fear of messing up your clothes, you're likely to slather on more. (Remember, the recommended amount is an ounce—or shot glass-full—on your body, and a teaspoon on your face, ears, and neck.) “I usually apply a hydrating sunscreen lotion after showering, when my skin is still damp, so that I’m trapping in extra moisture and getting UV protection at the same time,” says Heidi A. Waldorf, M.D., director of Laser and Cosmetic Dermatology at Mount Sinai Medical Center in New York City. One to try: **Hawaiian Tropic Sheer Touch Crème Lotion SPF 50** (\$10, drugstores; 3).

2 TAKE YOUR PROTECTION ON THE ROAD

After 80 minutes of UV exposure, swimming, or sweating, you're no longer fully protected by your sunscreen. To reapply speedily on the go, opt for a spray or wipe. Coat your skin until it has a slight sheen. (This may require two towelettes, depending on their size.) Try **Dr. Dennis Gross Skincare Powerful Sun Protection SPF 30 Daily Sunscreen Towelettes** (\$18 for 20, dgskincare.com for stores).

3 BRUSH UP ON SPF

Most women don't have time to wash their faces and reapply SPF and makeup during the day. Instead, brush a translucent UV-protective powder over your cosmetics. Bonus benefit: It will absorb summer's shine. Try **E.L.F. Studio SPF 45 Sunscreen UVA/UVB Protection** (\$6, eyeslipsface.com; 5). “Use a generous amount to get the advertised SPF,” says Hadley King, M.D., a New York City dermatologist.

RED ALERT

IF YOU DO GET A SUNBURN, immediately take an anti-inflammatory, such as Advil or Motrin, to ease pain and minimize swelling, says New York City dermatologist Arielle N. B. Kauvar, M.D.

4 DON'T SKIP YOUR SCALP

The thinner your hair, the likelier your scalp is to burn when you're outside. Wearing a hat is your best defense, but second best is sunscreen. Look for a spray formulation that won't wreck your hairstyle, such as **Nioxin Scalp Shield Sunblock SPF 20** (\$13, nioxin.com for salons; 2). Spritz some on your fingertips and rub it into any exposed areas—especially your part, says Jessica Wu, M.D., a Los Angeles dermatologist.

5 GET THE RED OUT

Quick relief for heat-related flushing, common in rosacea patients: Carry a frozen water bottle. “You can break a flush by holding the icy bottle next to the jugular vein on your neck, near the pulse point,” says Dr. Waldorf. And swap thick, heat-trapping sunscreens for a new light liquid. Try **SkinCeuticals Sheer Physical UV Defense SPF 50** (\$30, skinceuticals.com; 4).

6 SOP UP SLICKNESS

Sweat and oil trapped between your skin and clothing (or the band of your sun hat) can lead to more chest, back, and forehead breakouts now. Help prevent them with oil-free makeup-removal wipes, such as **Yes To Cucumbers Natural Glow Facial Towelettes** (\$6 for 30, Walgreens). Or, for breakout-prone skin, try salicylic acid-soaked **Neutrogena Deep Clean Sport On-the-Go Cleansing Wipes** (\$7 for 18, drugstores; 6).

7 FEND OFF UNDERARM FUZZ

Recently launched antiperspirants aim to save you time by reducing your need for a daily shave. **Secret Smooth Effects Conditioning Solid Antiperspirant/Deodorant** (\$4.29, drugstores; 1), for example, uses dimethicone and petrolatum to soften coarse stubble. But don't retire your razor just yet. “Moisturizing ingredients can reduce the sharp feel of stubble, but they won't actually minimize hair growth,” says Dr. Waldorf.

Strand Destressors

8 GIVE LIMP HAIR NEW LIFE

To make the most of humidity's plumping effects, but keep strands under control, start by spraying a volumizer at the roots of wet hair, suggests Ron King, celebrity stylist and owner of the Ron King Salon in Austin. Then apply a dollop of →

