

# Health

## DROP 5 LBS IN 5 DAYS!

Safe & Easy Plan

### HEALTH ALERT

## Just a Mole or Cancer?

Photos Inside

## GET FIRM FAST

- Flat Belly Foods
- Cellulite Fix
- Butt Boosters

## BYE-BYE BACK PAIN

New Natural Cure

THE PERFECT SWIMSUIT FOR YOUR BODY  
p.136

Country Superstar

## Miranda Lambert

How she got into amazing shape for her wedding

best beauty buys

Pro Picks For Gorgeous Skin, Hair, Everything!

Health.com MAY 2011



# Great Skin— Revealed

Taking these 6 fun tests can clear up some common complexion misconceptions and get your skin glowing, fast.

By Jolene Edgar

## Could fine lines just be a sign of dryness?

“When water evaporates from skin, it shrinks. And like a grape, it can go from plump to shriveled,” says Ellen Marmur, MD, chief of dermatologic and cosmetic surgery at Mt. Sinai Medical Center in New York City.

To see if dryness is magnifying your creases, take this simple test: Apply a moisture mask like Dermalogica Intensive Moisture Masque (\$40; dermalogica.com), and leave it on for the recommended time. When you rinse it off, how does your skin look? Fresher? Fuller? Smoother? That means your skin was dehydrated. If it doesn't look any different, your lines are age-related. Sneak some wrinkle-fighting retinol, peptides, or antioxidants into your daily routine. We like RoC Retinol Correxion Deep Wrinkle Serum (\$22; Walgreens).

## Do you really have sensitive skin?

More than 40 percent of Americans believe they do—but not all self-diagnoses prove correct. Derms check for the condition, in part, by asking a series of questions:

- Does your skin typically turn red and blotchy when irritated?
- Is it prone to allergic reactions?



Check out your cheeks: They may hold the key to your skin's sensitivity.

- Does your skin sunburn and windburn easily?
- Does it flush from changes in temperature—both hot and cold?
- Is it dry, delicate, and thin?

At home, studying your face in a magnifying mirror can reveal another clue to sensitivity. “The pores of sensitive skin tend to look pink due to inflammation,” says Dennis Gross, MD, a cosmetic dermatologist in New York City. If you do have sensitive skin, avoid gritty scrubs and harsh ingredients like alcohol, acids, and benzoyl peroxide; use calming cleansers and lotions containing natural anti-inflammatories and antioxidants.

## Got sun damage?

Pinch the top of your cheek—the fleshiest part—and hold it for five

seconds. When you release, see how quickly the skin flattens. “If it doesn't bounce back immediately, start using a cream with retinol or peptides to build up collagen,” says Jeannette Graf, MD, a dermatologist in Great Neck, New York.

Collagen is the protein that keeps your skin strong, plump, and pretty—and UV rays are its kryptonite. “When the sun weakens our collagen and elastic tissue, wrinkles form and skin starts to sag,” Dr. Graf says. “But what many women don't realize is that newly enlarged pores on the nose and cheeks, particularly in dry skin, are also a sign of poor elasticity. As the skin starts to hang, pores stretch out.”

In addition to revving up collagen production, make your pores look smaller by keeping them clean with a