

# Latina

YOU COULD WIN A TRIP TO THE AMERICAN IDOL FINALE P. 53

STAY CONNECTED TO YOUR CULTURE

**JENNI RIVERA**  
WITH DAUGHTER **CHIQUIS**  
*Beyond Their Family Drama*

**25**  
**TIPS**  
**for Sexy Summer Skin**

**A Frizz-Free Hair Guide**

**RECIPES WE CRAVE!**

- ▶ Eva Longoria's Mexican Lasagna
- ▶ Easy Pan de Polvo
- ▶ Yummy Café de Olla

**Married to a Non-Latino**

*How to cope (and what to tell Mami!)*

**▶ Planning a Quince**

**MAKE SURE YOU CHECK OUT OUR HOW-TO GUIDE FIRST!**

**THE #1 THING YOU CAN DO TO Boost Your Career**  
p. 88

**SPECIAL REPORT**

**WHY MORE LATINAS ARE HAVING THEIR BABIES AT HOME**

Latina.com MAY 2011

\$2.95US 05>



0 8644 118760 9





## 2. Get Your Vitamin D Fix

Vitamin D promotes bone growth and prevents osteoporosis, Austin dermatologist Mary Ann Martinez, M.D., says. Women with dark skin tones don't absorb the sun as easily, which prevents them from getting enough vitamin D. The solution: Take a vitamin D supplement daily (look for one with 400 to 1,000 IU). Or if you're pale and want more color, swipe on **Dr. Gross Alpha Beta Glow Pad with Active Vitamin D** (\$32 for 20, dgs skincare.com).

## 3. Look for Lip Gloss with SPF

Shiny lip gloss intensifies the sun's effect on your lips. When you're outside, swipe on a gloss with SPF 15, like **Clinique Long Last Glosswear SPF 15** (\$14).

## 4. Protect Your Skin Daily

New studies show that it only takes 15 minutes for the sun to damage skin cells—no matter your skin tone. "We're seeing increased damage in 30-something Latinas with dark skin tones," says Miami dermatologist Loretta Ciraldo, M.D. "These women were less likely to wear sunscreen in their teens and 20s than those with lighter skin tones." To be safe: Apply a broad-spectrum SPF 30 (like **Aveeno Positively Radiant SPF 30**, \$17) every day.

## 5. Make Bronzer Your BFF

Bronzer brings out the gorgeous warm tones in your skin, and covers any imperfections. Darker skin tones should try a brownish red color, like **Bobbi Brown Bronzing Powder in Dark** (\$33), above, left. If you're fair, go for a pinkish brown, like **Lancôme Star Bronzer in Sunkiss** (\$35), above, right.

## 6. Use the Right Amount of SPF

Visualize a shot glass. Now squeeze enough sunscreen into your palm to fill your imaginary shot glass. That's the amount—one ounce—that you need to cover your body, Dr. Martinez says.

## 7. Go for Glycolic Acid

"It exfoliates, fades pigmentation and isn't abrasive," says Anthony Gonzalez, Avon's Global Research and Development senior manager. Try **Avon Anew Rejuvenate Glycolic Facial** (\$30, avon.com) or **Olay Regenerist Resurfacing Elixir** (\$25) nightly.

## 8. Use Gentle Exfoliators

Gritty scrubs are often too strong for Latinas, and can create *manchas*. Choose an exfoliator with round jojoba beads (we like **Chella Exfoliating Cleanser**, \$35, chella.com), not ground-up nuts or beans, which can cause tiny cuts.



## 9. Give Toner Another Try

Old-school toners were full of alcohol, which caused skin to break out instead



of clearing it up. The latest toners (hydrating mists or clarifying lotions, like **Origins A Perfect World**, \$21) contain nourishing extracts, vitamins and antioxidants. Apply moisturizer directly after the toner to seal in hydration, Dr. Martinez says.

### QUICK TIP

Slather shea butter on dry elbows, heels and cuticles.



## 10. Take a Break from Polish

"Nail polish remover irritates nails, making them thin and fragile," Dr. Sanchez says. If your nails start to crack, go polish-free and apply a thick shea butter cream, like **Nubian Heritage Mango Butter** (\$12, nubianheritage.com) before bed.

## 11. Reach for Retinoids

Smooth fine lines! Even out your skin tone! Banish pimples! A prescription retinoid has the power to do all of this. And the new generic version is only \$30, Dr. Sanchez says. Don't want a prescription? Try **Neutrogena Rapid Wrinkle Repair with Retinol SA** (\$20).

## 12. See a Dr. for Brown Spots

Latinas are very susceptible to melasma, which darkens certain areas of the skin, Dr. Martinez says. And when you take oral contraceptives, are pregnant or get sun exposure, it can get worse. If your brown spots are severe, visit a board-certified dermatologist, who can give you a prescription for a hydroquinone cream.

## 13. Moisturize After You Wash Your Hands

Although washing your hands cleans them, it also dries them out. Keep a bottle of moisturizer by the sink and put it on your hands immediately after you wash, Dr. Sanchez says.