

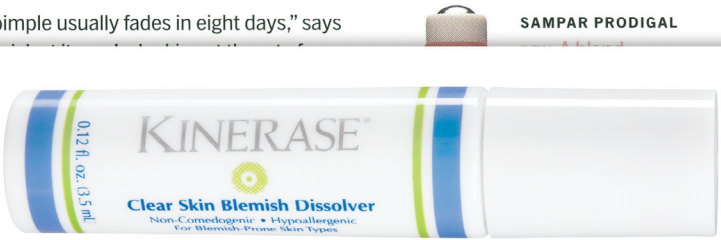
# 6 pick a regimen and give it at least eight weeks

Designed so you won't overdry your skin or overlap products, regimens contain ingredients that work synergistically for faster results. **You may find you break out a bit more** at first; all the cleansing and exfoliating brings prior problems to the surface. By eight weeks, you'll have a good gauge of how effective the new routine is.



# 7 don't touch! (use spot treatments instead)

"Left alone, a pimple usually fades in eight days," says Wexler. "If you touch it, it can take two weeks and prevent a pimple in 24 hours. To reduce swelling, use ice, aspirin, or a spot treatment."

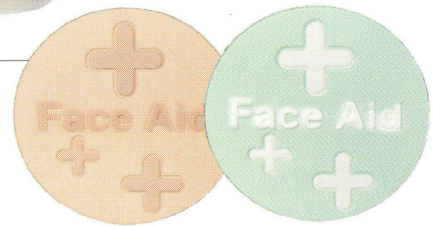


**KINERASE CLEAR SKIN BLEMISH DISSOLVER** This roll-on medication speeds up recovery time and prevents additional blemishes.

**ORIGINS SPOT REMOVER** Makeup can be layered over this clear, redness-reducing



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**PHYSICIANS FORMULA FACE AID SKIN CONTROLLING FACE POWDER** IN BEIGE AND GREEN **Mattifying, color-correcting powders, with antibacterial ingredients cleverly built in.** \$13 EACH, DRUGSTORES



**LAURA MERCIER SECRET CAMOUFLAGE** Two shades of concealer—a dark one and a lighter one to mix—create an amazingly close match.

**BENEFIT GALACTIC SHIELD ACNE MEDICATION BLEMISH CONCEALER** This fine-tipped pen is incredibly simple to apply, and the salicylic-acid-packed formula helps heal the pimple.

LUCKY DIGITAL STUDIO