

## Q: How can I minimize brown spots?

Look for creams that contain natural lighteners like arbutin (from bearberry plants), kojic acid (from mushrooms), licorice extract, vitamin C, soy, and vitamin B3, says Michael Traub, N.D., a naturopath in Kailua-Kona, Hawaii. Brown spots form when melanin cells band together to protect skin from ultraviolet rays.

► **TRY:** DDF Intensive Holistic Lightener (\$50; [ddfskin.com](http://ddfskin.com)) or other creams with a blend of licorice and bearberry extracts, kojic acid, and vitamin C.

► **BONUS TIP:** Wear sunscreen to avoid brown spots completely.



fragrances, so read labels.

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holistic (.com) or blend of extracts, h C. nscreen to mpletely.



## Q: Are self-tanners safe?

They're certainly safer than getting an actual suntan, says Lewis, a dermatologist in New York City. Dihydroxyacetone (DHA), the ingredient used in tanners, is derived from sugar and only absorbed by the top-most layer of skin. As skin cells naturally die and slough off, so does your tan.

► **TRY:** Davies Gate More Glow (\$14; [daviesgate.com](http://daviesgate.com)) with

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## Q: Can nail polish ingredients seep into the body?

It would be tough for them to make it through the thick nail plate, but not your skin, says Crystal Murray Holmes, D.P.M., a podiatrist at the University of Michigan Medical School in Ann Arbor. Since you want to avoid toxins seeping into your skin, bring your own chemical-free polish to the nail salon.

► **TRY:** Butter London 3 Free (\$12 each; [butterlondon.com](http://butterlondon.com))

► **BONUS TIP:** Avoid potentially harmful ingredients like formaldehyde, toluene, and DBT, also known as a phthalate.

