

Jergens

How fast
can you get
natural color?
3 days fast.

New



beauty NEED TO KNOW

Rosacea

Get the red out now. During a flare-up, head straight to the freezer, grab an ice cube and start sucking. "The roof of your mouth houses a receptor site that, when cooled, constricts the blood vessels that lead to the face," Dr. Fusco says. At the same time, apply a cream with anti-inflammatory ingredients (look for *green tea* or *bisabol* on the label) to shrink engorged vessels. Seeing bumps? Dab on calamine lotion; the itch buster's zinc oxide helps calm skin



RED RESCUERS Clinique Redness Solutions

RED RESCUERS Clinique Redness Solutions Daily Relief Cream, \$40; Purpose Gentle Cleansing Wash, \$6; Murad Professional Daily Moisture Charge SPF 30, \$100; PCA Skin Anti-Redness Serum, \$55; DDF Redness Relief, \$48

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SELF

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The Makeover Issue

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Kelly Ripa
What Keeps Her Cool, Confident And Chic

ins. Until an exact the simplest solu- e-ups is to cut out symptoms," Dr. diary to identify derm, who will w-dose oral anti- to kill bacteria n antibacterial tea is mild, wash r cleanser made such as Eucerin e Cleanser, \$9). ning, opt for an . Finally, trade g retinols and ers made with end a signal to le movement, usco says. (A e Anti-Aging \$78.)

tated sites. The steroid reduces inflammation-causing cortisol, quieting skin in minutes. To fight flakes, top hydrocortisone with a petrolatum-based salve (Vaseline, even ChapStick, works). **Stay scarlet-free forever.** The key to controlling eczema is moisture. "Dryness can allow irritants to penetrate skin," Dr. Fusco says. Limit cleansing to once a day; do it at night (to remove allergens) and with nonsoap cleanser (detergents can strip skin's natural oils). Twice a day, apply a cream made with squalene, a cholesterol found in skin, to help block out potential irritants. (A good one: Atopalm Undermakeup Moisturizer, \$30.) Fight flakes with shampoo. "Yeast organisms feed off your scalp's oils, then spread to the face," Dr. Orentreich says. Once a day, apply dandruff shampoo made with pyriithione zinc (it kills yeast) to the scalp and scaly spots. Redness relieved!

MAGIC

s to relieve redness with the above skin-care solutions. Until ic, try this duo of concealing tips from top makeup artists: with tinted moisturizer, then target ruddy spots with stick d match the natural shade of your skin when it's not red; s Jessica Liebeskind, a makeup artist in New York City.

As makeup dries, it can get stuck on flaky skin. To keep skin moist, top makeup with a thin layer of balm. (Neutrogena Skin Aid, \$9, is made of nonsticky glycerin.)

GLOW, DON'T BLUSH The rosy hue of blush can make already ruddy skin look redder. For a fresh-faced finish, tap a shimmery peach-toned highlighter (try Face Stockholm