DR.OZ
THE GOOD LIFE

20 *super easy*

WAYS TO A FLATTER BELLY

Shrink a little every day on the Oz plan

QUICK!
ZAP GERMS IN SNEAKY PLACES

EAT FOR HIGH ENERGY
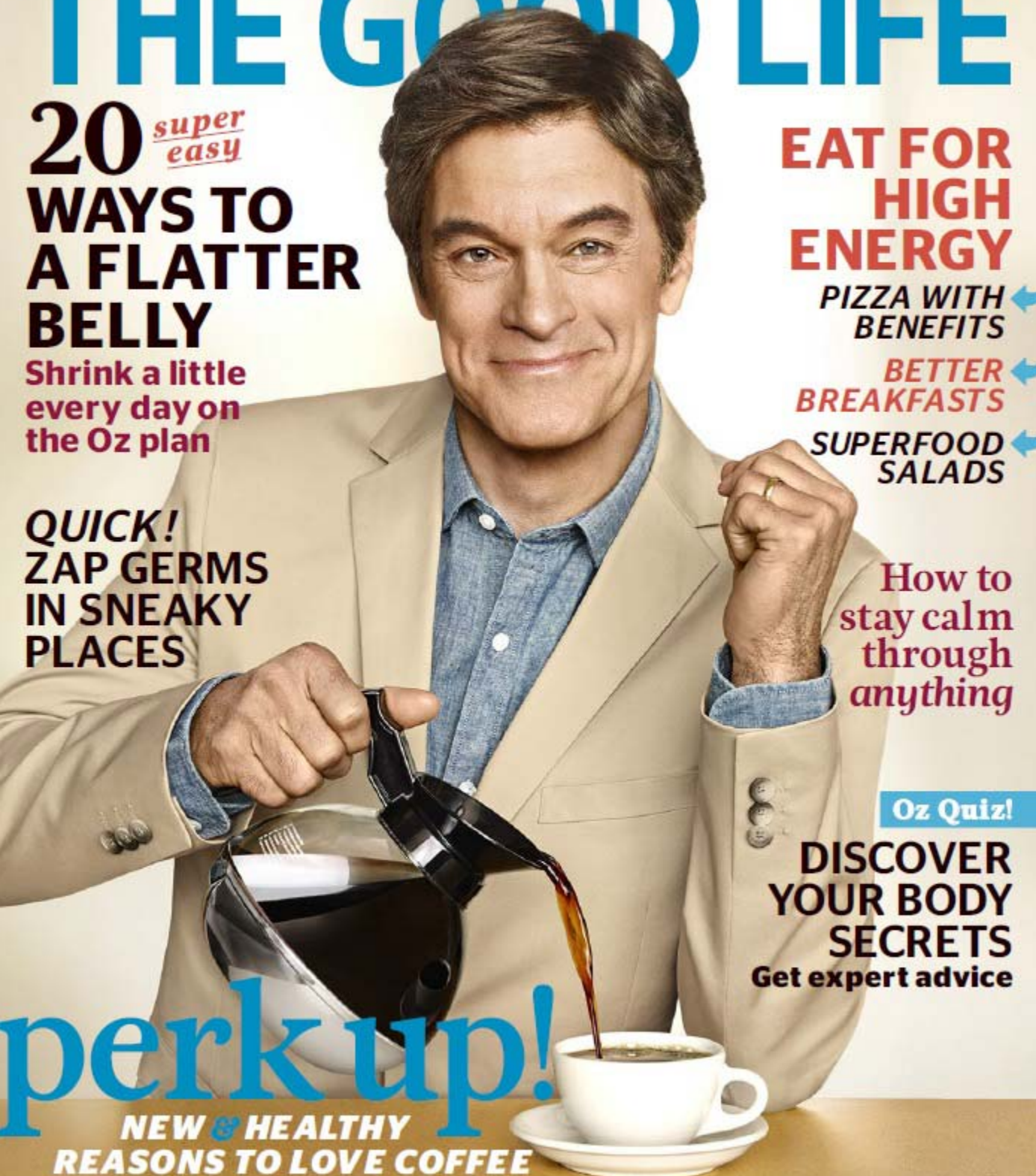
PIZZA WITH BENEFITS

BETTER BREAKFASTS

SUPERFOOD SALADS

How to stay calm through anything

Oz Quiz!

DISCOVER YOUR BODY SECRETS

Get expert advice

perk up!

NEW & HEALTHY REASONS TO LOVE COFFEE

What's in Your...
BEAUTY WIPES?

The newest ones are hardworking multitaskers: They clean, soothe, hydrate, and even fight breakouts.

BY HANNAH HICKOK   PHOTOGRAPHED BY YASU + JUNKO

▷ *Use them post-workout.*

▷ *Psst—they're great for cleaning off a germy phone.*

▷ **Warning: Most aren't flushable!**

pro tip

AVOID SCRUBBING WITH WIPES. (YOUR SKIN ISN'T A FRYING PAN!) INSTEAD, USE GENTLE UPWARD SWEEPS—JUST AS EFFECTIVE BUT EASIER ON YOUR FACE.

WHICH KIND IS RIGHT FOR YOU?

▶ **MAKEUP-REMOVING WIPES** often feature a skin–hydrating and dirt–dissolving fatty acid called **cetearyl isononanoate**—good for cleaning up sensitive skin without drying. One worth trying: **Almay Clear Complexion Makeup Remover Towelettes** ($6, *drugstores*).

▶ Another good pick for sensitive types: **SKIN-SOOTHING WIPES** help calm redness with natural anti–inflammatories such as **chamomile, aloe,** or **cucumber.** Try **Pond's Original Fresh Wet Cleansing Towelettes** ($5, *drugstores*).

▶ **SKIN-BRIGHTENING WIPES** can include **glycolic acid,** which sloughs off dead cells to even skin tone. Also look for **niacinamide,** which may help with brown spots. Find it in **Olay Regenerist Micro–Exfoliating Wet Cleansing Cloths** ($6, *olay.com*).

▶ There are two heroes in **ACNE-FIGHTING WIPES: Salicylic acid** helps exfoliate skin to keep pores clear, and **charcoal** can absorb dirt and oil. Get both in **Garnier SkinActive Clean+ Purifying Oil-Free Cleansing Towelettes** ($6, *garnierusa.com*).

Can you use cleansing wipes instead of face wash?

It's better to use both, especially if you're prone to breakouts. Wipes do a good job of removing the top layer of dirt and makeup from your skin but may not take off all traces of stubborn, pore-clogging grime. The best plan for truly clean skin, say pros, is to use a wipe first and *then* lather up.