

Body Special

For slower regrowth: Applied twice a day, a moisturizer with hair inhibitors can slow growth by 50 percent. Clinical studies found that Capislow, an ingredient in No! No! Smooth Skin Care After Treatment Cream and Completely Bare Don't Grow There, slowed the anagen (active) phase of growth.

To treat ingrowns: Exfoliating 48 hours before and three days after waxing removes dead cells on the skin's surface, allowing hairs to push through freely. Chemical exfoliators with a large concentration of alcohol can be too irritating, so look for one that pairs mild sloughers with soothing ingredients, like aloe and soy (both found in Sally Hansen Zero Bumps Bikini Spray). A dab of salicylic or glycolic acid can prevent ingrowns and free those that have already formed.

Between laser appointments: Shaving or using a depilatory cream removes hair on the surface, but won't disrupt the anagen phase targeted by a series of laser treatments. Choose a depilatory kit with a plastic shaving blade, like Sally Hansen Simply Smooth Hair Remover Creme, which minimizes the time the powerful chemicals sit on the skin. But to avoid irritation, hold off on using it a week before and a week after treatment.

Body Acne

In the humidity of New Orleans, body acne is hard to avoid.

Dermatologist Mary P. Lupo, who practices there, erases bumps and blemishes on every inch of the body and knows what really works: not voodoo, but the right skin products.

Use a medicated body wash daily. The back and butt harbor more bacteria than the face, and when you sweat—which everyone does, all day—pores open, swell, and clog. Add the friction of tight clothing, and what you end up with is unbecoming bacne and buttne. Zapping bacteria cuts the process off at the start. For the best results, try a moussellike formula with 10 percent benzoyl peroxide, like PanOxyl. It absorbs quickly and won't overdry the skin.

Turn an acne spot treatment into a weekly peel. Spot treatments don't prevent future outbreaks. Instead, apply a 2 percent salicylic acid product all over, and allow it to fully dry before rinsing off. **Lupo** recommends formulas with glycerin, which won't leave the skin parched. (She likes Philosophy's On a Clear Day Oil-Free Acne Spot Treatment.) Use just once a week to prevent unnecessary irritation.

63%
**OF WOMEN THINK
THAT THE BACK
IS THE WORST PLACE
TO GET ACNE.**

—allure.com poll

Sun Spots

They may take decades to appear, but according to dermatologist Susan C. Taylor, who founded the Skin of Color Center at St. Luke's-Roosevelt Hospital Center in New York City, sun spots can take just a few minutes to remove with targeted treatment.

First, they must be diagnosed. Sun spots are flat, brown collections of melanin pigment produced by cells called melanocytes. They won't fade on their own like some freckles, and they aren't black or irregularly shaped like malignant melanomas.

They're also preventable. Sun spots have only one cause: sun exposure. A daily slathering of SPF 30 or higher on the face, chest, and backs of the hands can prevent new spots. When heading outdoors (beach day!), smooth on SPF 30+ a half hour before exposure, and be sure to reapply every two hours.

Brightening creams take time. Prescription creams containing 4 percent hydroquinone fade dark spots in 4 to 12 weeks (or more). Two percent versions, such as Ambi Fade Cream, are available over the counter; they're just not as speedy.

Freezing is fast. For about \$200, liquid nitrogen—applied by a dermatologist—destroys spots on contact. The treated area scabs over, flakes off, and fades

Body Beautiful

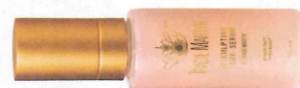
Feeling more pale, dry, and flabby than taut, tan, and glow-y? These products help ease the transition into swimsuit season. —RENEE TRILIVAS



Espa Skin Brush (\$29). Sweep the cactus-fiber bristles over your legs, arms, stomach, and chest before you shower to buff away rough patches.



Tom Ford Neroli Portofino Body Oil (\$70). Laced with fruit oils, this luxurious moisturizer absorbs beautifully, leaving skin silky, not greasy. And it smells like crisp citrus and orange flower.



Tracie Martyn Resculpting Body Serum (\$98). Natural ingredients like amino acids and seaweed extract give sagging areas a welcome—if temporary—lift.



Nivea Touch of Renewal Lathering Body Scrub (\$5.99). One of our favorite body washes now has exfoliating beads, turning even the quickest shower into a skin-buffing spa experience.

ST. TROPEZ

St. Tropez Everyday Spray (\$35). The superfine mist coats hard-to-reach spots for a believable, streak-free bronze in just three days.



Prtty Peaushun Skin Tight Body Lotion (\$36). Like a tinted moisturizer for the body, it camouflages imperfections for a realistic glow—and won't stain clothing.