



O, Beautiful!



MYSTERY SOLVED!

You seem to get more breakouts in summer. Why?

Don't blame your breakouts on perspiration, says **New Orleans dermatologist Mary Lupo, MD**. "Sweat is sterile, and even contains antimicrobial peptides that kill some bacteria," she says. You might notice more skin irritation in the summer because the heat and sweat swell your pores, causing them to trap bacteria. To help keep pores clean, use a lotion with chemical exfoliants like salicylic, lactic, or glycolic acid. Try Neutrogena Rapid Clear Acne Defense Face Lotion (\$9; drugstores) or Peter Thomas Roth Glycolic Acid 10% Moisturizer (\$45; peterthomasroth.com).



DRY TERRITORY

For most of us, sweat is annoying. But for some, it's so debilitating that reducing it is life-changing. The most promising and minimally invasive treatment beyond antiperspirant for hyperhidrosis (the clinical name for excessive sweating) has been Botox, but the results typically last only about seven months. Last year the FDA approved **MiraDry**, a treatment that delivers microwave energy beneath the skin to destroy most sweat glands in the underarm

area. In a study that followed 31 people, 90 percent of patients described their sweating as "never noticeable" or "tolerable" after a year. The downsides: Two treatments are required, at a total cost of \$2,500 to \$3,500; the procedure is painful, so most people get around 30 shots of numbing lidocaine under each arm pretreatment; and right now fewer than 40 doctors in the United States offer MiraDry. The big upside: There's hope for a long-term solution for serious sweat.

MAGIC WAND

Cone shaped, vibrating, revolving—when it comes to mascara wands, we thought we'd seen it all. Then we clapped our eyes on the new **CK One Mascara** (\$18; ulta.com). Twist the top of the cap one way to elongate the brush and separate the bristles; twist it the opposite way to contract them. You get long, defined lashes when the brush is extended and full, voluminous ones when it's compact. Either way you'll find the highly pigmented and water-resistant formula doesn't smudge, flake, or pull a quick disappearing act.



LOOK WHAT WE FOUND!

Coming Clean

Because this summer's dazzling rainbow of colors is too fun to resist, we've changed our nail polish more times in the past two months than we have in the past two years. But when cobalt and tangerine are in the mix, a high-powered polish remover is a must. The one we keep coming back to: **Sephora Collection Instant Nail Polish Remover** (\$9.50; sephora.com). Stick each nail into the sponge inside, twist, and the color disappears—no rubbing, no pile of dirty cotton balls. Our other bright-manicure essential: the **Cutex Corrector Pen** (\$4; drugstores). Its angled point lets you tidy up the edges of your nails, and with four replacement tips, it lasts through dozens of polish changes.



Best Beauty Advice I Ever Got

"My mother taught me that shiny hair is key to a polished look. If my hair appears dull, I still make her at-home conditioner: I mix one egg yolk, two tablespoons of rum, two tablespoons of olive oil, and two tablespoons of grapeseed oil. I massage the mixture over my hair and scalp, wrap my head in a hot towel, wait 30 minutes, and rinse. My hair is so glossy afterward, it's well worth the effort."

—MATHILDE THOMAS, cofounder of the Caudalie skincare line