

# redbook

*Your*  
**BEST  
BODY**  
*starts here!*

**Alison  
Sweeney**

On the accident  
that changed  
her—and how  
she got strong  
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How to let go  
and love it

**24** ways to  
look instantly  
slimmer

**HAIR  
REPAIR!**

Makeovers  
for every type  
and texture

page 32

**18** beautiful  
backyard, deck  
& garden ideas



# Hot-weather-proof your skin

You wouldn't wear a parka when it's 85 degrees, right? Well, the same face and body products that nourish your skin in the winter may be stifling it right about now. These simple switches will lighten things up beautifully. **BY VICTORIA KIRBY**

**IF YOU USUALLY USE:  
RICH FACE CREAM  
TRY:  
A LIGHTER, OIL-FREE  
VERSION**

"Even if you have dry skin, humidity makes everyone's face oilier. So thick creams can sit on the surface and trap oil in pores, leading to pimples," says dermatologist Elizabeth Tanzi, M.D., founder and director of Capital Laser & Skin Care in Chevy Chase, MD. To make sure dry skin stays hydrated but also is able to breathe, use a lightweight, oil-free moisturizer with hyaluronic acid (such as this Clinique one). "The ingredient pulls moisture from the air to skin but won't leave it greasy," Tanzi says.



**CLINIQUE**  
Pep-Start HydroRush Moisturizer  
Broad Spectrum SPF 20, \$29.50;  
sephora.com.

**IF YOU USUALLY USE:  
MOISTURIZER WITH SPF  
TRY:  
A WATER-RESISTANT  
FACE SUNSCREEN**

Here's a not-so-sunny fact: Your everyday moisturizer with SPF may not protect you as well this time of year. "Sweat causes sunscreen to wear off

faster, so I tell patients to layer on a water-resistant facial sunscreen when it's steamy out, even when they're just going to work," says dermatologist Arielle Kauvar, M.D., director of New York Laser & Skin Care in New York City. Try CeraVe Sunscreen Face Lotion SPF 30 (\$14.99, at drugstores) on top of your usual moisturizer.

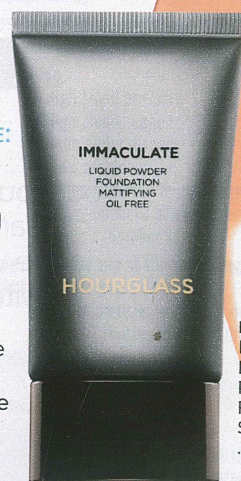


**L'ORÉAL PARIS**  
Micellar  
Cleansing  
Water  
Complete  
Cleanser  
Waterproof  
for All Skin  
Types,  
\$9.99; at  
drugstores.

**IF YOU USUALLY USE:  
A RINSE-OFF WASH  
TRY:  
A MICELLAR  
CLEANSER**

Whether you're coming off a day at the beach or a jog on a sticky afternoon, you're probably washing your face more often in the summer. "So it's a good idea to change to a micellar cleanser, which you swipe over your face with a cotton pad and don't rinse off," says dermatologist Mary P. Lupo, M.D., a clinical professor of dermatology at Tulane University School of Medicine in New Orleans. "It'll remove sweat and oil, but it's also hydrating, so it won't strip skin."





**HOURGLASS**  
Immaculate  
Liquid  
Powder  
Foundation,  
\$56; sephora  
.com.

**IF YOU USUALLY USE:  
FOUNDATION  
TRY:  
A POWDER-BASED  
FORMULA**

While the idea of going makeup-free all summer long *sounds* lovely, there may be moments when you want a little coverage. But a moisturizing foundation or BB cream might melt off in the heat—"plus, in humid weather, it could clog pores," says Lupo. Switch to a powder foundation or a non-comedogenic liquid that's labeled *powder finish* or *liquid-to-powder*, which is beauty-speak for a product that dries to a soft-matte look.

**IF YOU USUALLY USE:  
BLOTTING SHEETS  
TRY:  
A GLYCOLIC-ACID  
TONER**

If your solution to midday shine is to reach for oil-blotting papers, know that they only fix the problem temporarily. Instead, stop the issue altogether by adding a toner to your a.m. regimen, just for the season. "A formula with glycolic acid will help control oil throughout the day and keep pores clear," says Kauvar. (Try Neutrogena Pore Refining Toner, \$7.99, at drugstores.) A clay mask has similar benefits, so for an extra boost, apply it once or twice a week to shine-prone spots.



**ALMAY**  
5-in-1 Primer,  
\$13.99; at  
drugstores.

**IF YOU USUALLY USE:  
DAY MOISTURIZER  
TRY:  
A HYDRATING  
PRIMER**

"Unless you have dry skin, you may not even need moisturizer during the day," says Tanzi. Try her test: wash your face and wait 10 minutes. "If your skin doesn't feel tight, skip lotion and apply an antioxidant serum followed by sunscreen." Then, smooth on a primer labeled *mattifying* (meaning it'll absorb excess oil) that contains skin-plumping hyaluronic acid. "One with color-correctors will even out your complexion, too," says Tanzi. (This Almay primer covers all of those bases.)

**IF YOU USUALLY USE:  
BODY LOTION OR CREAM  
TRY:  
A DRY-OIL BODY  
SPRAY**

It's not just your face that gets oilier in the summer: "The upper back has a lot of sebaceous glands, so you don't have to rub on lotion there or on your upper chest, both of which are susceptible to hot-weather breakouts," Kauvar says. "For the rest of your body, try a dry-oil spray, which moisturizes but is light." If you notice pimples, wash the affected area twice daily with an acne-fighting cleanser such as Cln Body Wash (\$28, clnwash.com) until skin clears up.



**CAROL'S  
DAUGHTER**  
Ocean Softening  
Dry Oil Body  
Spray, \$9;  
carolsdaughter  
.com.