

continued from page 32

skin, while honey hydrates. You can also use a damp toothbrush (without toothpaste) to gently scrub the skin on your lips a few days a week. Be sure to avoid matte lipstick or long-wearing formulas as they will contribute to dryness, she says. Stick to lip gloss or sheer lipstick.

3. Pass on the powder.

No matter what the salesperson at the cosmetics counter tells you, if your skin is prone to flaking you do not need to wear powder, Thomases says. For skin that's dry but occasionally gets shiny in your T-zone (forehead, nose, and chin), you can dust a bit of powder just in the center of your face over those areas. Otherwise, skip it altogether, she says.

4. Polish your face.

It's important to exfoliate to remove some of the dead skin layer and then hydrate the new layers underneath, says Tanzi. If you notice your makeup begins to flake a couple of hours after you've applied it, chances are a buildup of dead skin is to blame. Add a gentle facial exfoliant to your weekly skin care routine and remember to moisturize daily.

5. Tote a toner.

For a refreshing midday moisture boost, carry a travel-sized hydrating toner with you, Thomases suggests. A few spritzes over your makeup will help balance dry skin and keep your makeup from flaking off.

6. Eat and drink wisely.

Studies show a diet filled with caffeine, alcohol, or sugar could contribute to parched skin, including your lips.

Reviewed by **Victoria Barbosa, MD**
WebMD Skin Care Expert



HEALTHY
BEAUTY

Join 100+ convos
in WebMD's
Skin and Beauty
community.

BEAUTY 411

What are makeup primers and how should I use them?

Think of these products like the primer you'd use for painting a house. The goal is the same: to fill in any bumps, lumps, and uneven spots so that whatever you put on next starts on a smooth, even surface. In the case of your face, that would be concealer, foundation, or powder.

Many women find primers to be especially useful around the eyes, where fine lines can become more prominent when makeup settles into the crevices, as well as in areas with enlarged pores. When you use a primer on areas that tend to be oily, like the eyelid, makeup tends to adhere better and last longer. Also, a thin layer of primer all over can help makeup stay put.

Another primer perk: Whether your skin is oily or dry, acne-prone or

sensitive, you can use a primer since the moisture it imparts comes via silicone, not oil.

But apply sparingly. Less definitely is more. After you apply sunscreen and a moisturizer, then comes the primer. Use your finger to apply only the thinnest dabs around your trouble spots. This way, you create a very fine film but you can blend it out as far as you like.

Finally, because primers have staying power, be diligent about washing your face well each night. Consider an electronic cleansing brush, which gently but effectively gets your face squeaky clean. But any cleanser and water will work, too.

Mary Lupo, MD
board-certified dermatologist
and clinical professor
at Tulane University,
New Orleans

WebMD.com



I Tried It!

My daughter and I both tried CeraVe Renewing Lotion, recommended by your expert in the Nov/Dec 2012 issue. We live at 3,500 foot altitude and deal with dry skin in the winter. She has the occasional breakout, and I'm trying to avoid wrinkles. Amazingly, this product worked for both of us. It cleared up her skin and smoothed out mine. It kept the softness and moisture in my skin all day long. I'm reluctant to try new moisturizers because I have sensitive skin, but I had no negative reaction and happily slathered it on after that.

—Beth Worsham, Waynesville, N.C.

