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YOU!”

—*Oprah*

JUNE 2011 \$4.50



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O, Beautiful!

Ask Val

YOU'VE GOT QUESTIONS? OUR BEAUTY DIRECTOR, VALERIE MONROE, HAS ANSWERS.



Q

C'MON. DO I REALLY NEED SUNSCREEN FOR MY HAIR?

I was similarly skeptical when I first noticed hair products containing sunscreens. But the sun's UV rays can damage hair, especially if it has been colored or overprocessed by straightening or heat styling. The UV rays weaken and break the protein bonds in the hair shaft and can also fade color, says trichologist (hair expert) David Kingsley, PhD. The sun's heat can weaken the strand's outer layer, drying it out and making it look rough and frizzy.

So yes, it's a good idea to protect your hair. You can try a product formulated for that purpose (like Fekkai Beachcomber Leave-in Conditioner, \$24; drugstores). Or you could slick back your hair with a mask or conditioner while you're at the pool or the beach.

Keep in mind: A wide-brimmed hat will not only save your hair but also shield your face from damaging UV rays.

You Said It!

A few months ago I advised an unhappily raccoon-eyed reader to use less eye cream and to keep mascara off her lower lashes. But Debbie Hoffman from Whitehorse, Yukon, has a better idea. "For a long time I've wanted to spread the word about this trick and I can't think of a better person than you to share it with women out there," she wrote. "I apply black mascara on both top and bottom lashes, and then I apply a coat of clear mascara over that. It works like a charm!" I tried Debbie's tactic, and she's right—no smudging. Do you have a makeup or hairstyling trick you'd like to share with fellow O readers? Pass it along at oprah.com/omagazine_talk.

Q

Which is better for washing your face, hot or cold water?

Water that's too hot or too cold can cause broken capillaries under the skin. Tepid water is best for clearing oils, grime, and the effects of pollution from your face, no matter your skin type, says Doris Day, MD, clinical assistant professor of dermatology at New York University Medical Center.

Keep in mind: If your skin is oily or acne-prone, use a gel or foaming cleanser containing salicylic or glycolic acid to more efficiently clean the pores and gently exfoliate. **Q**

Need hair help? Post questions for Val at [facebook.com/oprahmagazine](https://www.facebook.com/oprahmagazine), then join her LIVE on May 25, 3 to 4 P.M. ET, to get answers.

YOUR MONEY'S WORTH

More than half (56 percent) of women who use antiaging facial skincare say they're not sure these products work, but they use them anyhow, reports the marketing

research company NPD Group. This is a sad state of affairs, don't you think? Here's one way to be sure to get what you pay for.

"I recommend a combination of antioxidants and sunscreen in the morning and a retinoid in the evening," says Arielle Kauvar, MD, clinical professor of dermatology at New York University Medical Center. Look for a product containing antioxidant vitamin C (L-ascorbic

acid) in a light-protected bottle or tube; vitamin C protects against UV damage and regenerates natural stores of vitamin E, says Kauvar. (She suggests SkinCeuticals C E Ferulic, \$142; skinceuticals.com. Or try PCA Skin C-Quench, \$64; pca-skin.com for locations.) A moisturizer should contain emollients like shea butter or petrolatum—which seal in moisture—and humectants like glycerin or hyaluronic acid—which

draw water into the skin—she says. (Dr. Dennis Gross Hydra-Pure Intense Moisture Cream, \$125; dgs-kincare.com, and Sadick Dermatology Group AM Protection Cream, \$36; sadickdermatologygroup.com, are excellent moisturizers.) A retinoid (such as Retin-A, Refissa, or Tazorac) stimulates new collagen and promotes exfoliation—key to a glowing complexion as you age.