

# SELF

Channing Tatum's even hotter half. Imagine that date night!

**537  
FREEBIES  
TO WIN!**

Awesome swag:  
a bike, jewelry  
and much more!

**12**

## Easy ways to eat healthy and love it

Filling recipes that  
won't pack on pounds

**SMOOTH, GLOWY  
CLEAR SKIN.  
100% GUARANTEED**

## Flat Ab Secrets

Melt-it-off moves from  
Jenna Dewan Tatum

Behold, the evidence.  
The rest of her  
ain't so bad either!

Grow your  
paycheck  
this month

**Burn  
500  
Calories**  
in just  
one quick  
workout

**TIGHTEN  
YOUR BUTT**  
5 best  
firmers

**HEALTH SPECIAL**

20 things your doc  
never told you

(or you never dared to ask)



# +BEAUTY REALITY CHECK

SELF's beauty director and guinea pig separates the wacky from what works.



Elaine D'Farley

## Q What's the deal with salmon in skin care? It's so weird.

Victoria, 23, Washington, D.C.

**Elaine** I know, it sounds fishy—but it's not. You may have heard that eating omega-3 fatty acids in salmon can help prevent wrinkles by reducing inflammation in the body. Turns out enzymes in the fish eggs pack omega-3s, too, which also have topical benefits. There's actually an entire skin-care brand, Restorsea, built around the ingredient (I love the Retexturizing Body Butter, \$120). While touring a salmon hatchery in Norway, founder Patti Pao noticed that workers' hands looked more youthful than their faces, sparking a revolution. "These enzymes work as a gentle alternative to exfoliators like alpha hydroxy acids and retinoids," explains Arielle Kauvar, M.D., a dermatologist in New York City, evening out skin tone and smoothing texture. Another salmon fan is Nicholas

Perricone, M.D., the derm behind the Perricone MD skin-care line. Try his salmon egg enzyme-infused Blue Plasma Orbital eye treatment, \$65. No worries about an ick (or stink) factor—the enzymes are purified.

## Am I going to get wrinkles from applying eyeliner? All that pulling!

Christina, 21, El Paso, Texas

**Elaine** To be honest, it's possible. Fine lines and wrinkles are caused by repetitive movement, plus skin around the eyes is superthin. "Regular tugging could lead to a decrease in elasticity, sag and lines over time," says Julie Russak, M.D., a dermatologist in NYC. Avoid stretching by applying gel or powder liner with a soft brush, delicately pressing lid up with a finger instead of yanking to the side. Be gentle!

## Platinum hair looks fab on celebs. Can I get it without killing my strands?

Jodi, 23, Baltimore

**Elaine** Two words: Go pro. Getting ultra-blonde involves removing all the pigment from your hair—not something you want to try at home. The timing's also tricky; how deep your original shade is determines how long the lightening chemicals should be left on and the number of steps required. The good news is that platinum can work on any haircolor, but the lighter yours is to start with, the less damaging it will be to achieve, says Kyle White, lead colorist at the Oscar Blandi Salon in NYC. To help keep hair healthy, ask your colorist to use an oil-based bleach and deep-condition between processes. And prepare to commit to maintenance, including monthly touch-ups if you're naturally brunette.

SELF

QOTD FOR  
ELAINE

She'll give you a beauty reality check. Tweet @elainedfarley with #BtyQ.

