

allure

THE BEAUTY EXPERT

JUN



READERS' CHOICE AWARDS
Your 54 Winning Products

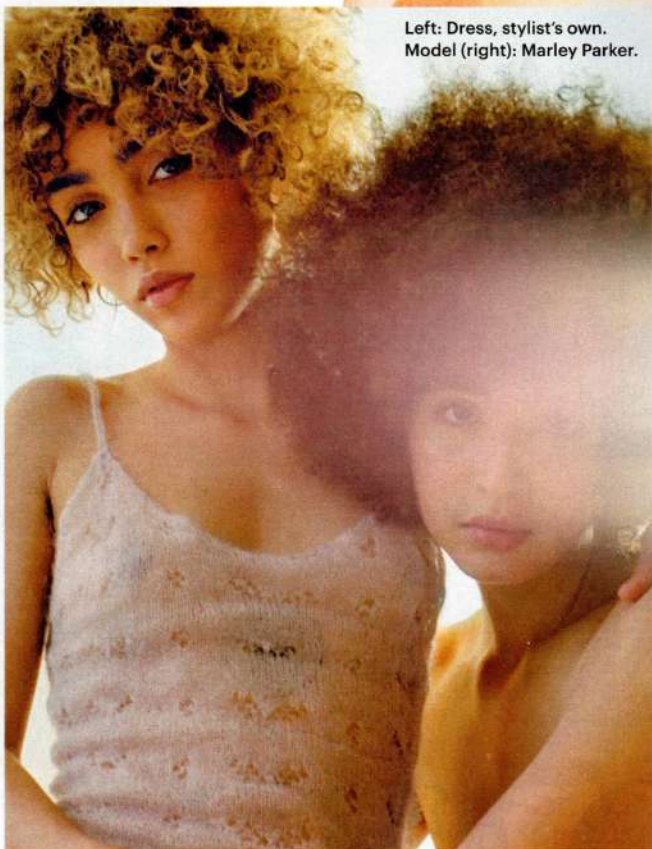
SMASHING BEAUTY'S GLASS CEILING

THE LAST SAFE PLACE
Our Writer Goes Inside Planned Parenthood

ZOË Kravitz

On Her Parents, Her Meteoric Rise, And That Hair





Left: Dress, stylist's own.
Model (right): Marley Parker.

PROBLEM:
YOUR SKIN IS
DEHYDRATION
STATION.

Without moisture, your skin looks dull, but the problem is deeper than you may realize. And we mean that literally. "Loss of hydration from below the skin's surface—in the dermis and the lower levels of the epidermis—causes a decrease in thickness of the skin," says Zeichner. "Think of a deflated balloon: It doesn't shine as well as an inflated one."

SOLUTION: Pat on a hyaluronic acid serum with damp fingers to drive moisture deep into skin. (Try SkinCeuticals H.A. Intensifier.) Then layer a moisturizer with powerful emollients, like cetyl alcohol or dimethicone, on top. (Olay Total Effects 7-in-One Anti-Aging Daily Face Moisturizer is a good choice.) "Emollients create a thin, transparent film over the skin's surface," says Zoe Diana Draelos, a consulting professor of dermatology at Duke University. That film will help skin cells lie flat and reflect light better.

"FACIAL MASSAGE IS A GREAT WAY TO STIMULATE BLOOD FLOW, WHICH WILL ADD RADIANCE AND PLUMP THE SKIN."

PROBLEM:
YOU'RE NOT
GETTING YOUR
DAILY SERVING
OF...METAL?

Trace minerals are vital to forming the body's natural antioxidants, which protect the components of healthy, radiant skin, says Draelos. But it's difficult to get the recommended daily amounts from food alone (current farming practices are causing soil to become increasingly nutrient-bare, according to a study in the *Proceedings of the National Academy of Sciences*).

SOLUTION: Pop a daily multivitamin. Draelos says to look for one that includes selenium, copper, iron, and zinc. The required amount of each depends on your age and sex, so clear the breakdown with your doctor first.

PROBLEM:
IT'S IMPOSSIBLE
TO AVOID THE
SUN ENTIRELY.

We don't know anyone who gets excited to discover a new sun spot on her face. Even less thrilling? Allover hyperpigmentation, which can result in mottled skin. Sun damage is also a main cause of weakened collagen—and the slack, dull skin that comes with it.

SOLUTION: We know you know, but do it: Wear. Sunscreen. No treatment will be effective as long as your skin is still exposed. Next—and, OK, you probably know this, too—use a product with retinol every night. It will protect existing collagen from breaking down *and* build more of the structural protein, says Gohara. Then add in a serum or a cream with a brightening ingredient, like kojic acid or arbutin (try iS Clinical Pro-Heal Serum Advance+) to fade dark spots.

PROBLEM:
HORMONES GO
OUT OF WHACK.

When hormone levels fluctuate—because of puberty, menopause, medications, or other uncontrollable circumstances—they often affect the appearance of skin. Just look at what happens when estrogen dips, leaving a higher proportion of testosterone: Skin can get oilier, and greasiness creates a surface shine that accentuates pores and makes your skin look less glow-y. And melasma, a hormonal form of hyperpigmentation, leaves you with dark patches that don't fade with topical brighteners because the pigment takes hold in both the uppermost and deeper layers of skin, says Arielle Kauvar, a clinical professor of dermatology at NYU Langone Medical Center.

SOLUTION: Blotting sheets and clay masks get excess oil off your skin. But if that's not enough, your dermatologist can prescribe a medication, like the Pill or spironolactone, to treat the hormonal cause of oiliness. For stubborn melasma, ask your dermatologist about prescribing hydroquinone or obliterating the pigment with a YAG laser or Fraxel treatment.