

Good Housekeeping®

SKIN SECRET

● To even out flaky or ashy spots, use a gentle body scrub in the shower (try Clarins Toning Body Polisher, shown), then rub in a moisturizer with an exfoliating agent. (Try Jergens Ash Relief Moisturizer or Vaseline Intensive Care Healthy Body Complexion Moisturizing Lotion.)



glow getter

● Enhance all your bareable body parts with a spritz of Davidoff Cool Water Ocean Radiance, left. The eau de toilette contains iridescent particles that lend a luminous sheen to your tan—plus, its fresh blend of citrus and aquatic notes (both are considered energizing) is light, not overpowering.

get a leg up

The newest weapon against unwanted hair? Soy protein, found in Aveeno Positively Smooth Moisturizing Lotion and Avon Skin-So-Soft Fresh & Smooth Hair-Minimizing Lotion. Says cosmetic chemist Alan Quint (who's not affiliated with a beauty company): "Though soy can't diminish hair growth, it does soften, which makes the hair you have less noticeable."

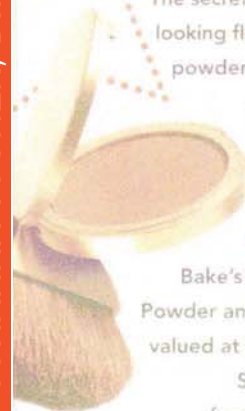


CALLUS BEHAVIOR

A pumice stone is great at removing dead, callused skin, says New York City podiatrist Johanna S. Youner, D.P.M.—but unless you bleach or boil the stone after a few uses, pieces of skin can get trapped on its surface, creating bacteria that later land back on your feet. Easier: a pumice sponge, or our new fave, Davies Gate Buckwheat Buffing soap for Feet, which lightly sloughs.

JOHANNA YOUNER, D.P.M.

bronzer giveaway!



The secret to a healthy-looking flush: bronzing powder (a big hit on runways this year). Get it for free: 100 readers will win Fake Bake's Bronzy Babe Powder and brush, left, valued at \$12.99 each. See page 230 for more details.

SHINE STOPPER

Humidity may not turn your face into an oil slick anymore (ah, the teen years), but chances are you still end up with some greasy patches. To combat, use a cleanser with the nonharsh drying ingredient salicylic acid, then apply a matte-finish moisturizer, but only on your oily spots. Top with a foundation formulated to manage combo skin. (Try Bioré Blemish Fighting Cleansing Cloths, Clearasil Total Control All-Day Mattifying Moisturizer, and Lancôme Adaptive All-Day Skin-Balancing Makeup SPF 10.)



Scar Wars

● Minimize a new scar by covering it with one of Band-Aid Brand's Scar Healing Strips. These thin, stick-on patches get kudos from New York City plastic surgeon Cap Lesesne, M.D., who has lectured on scars at Stanford University, in Palo Alto, California. This, he says, is how the strips work: "Applying pressure to a red, raised scar cuts down blood flow to the area, flattening the mark and making it less bright." *