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p. 80

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Skin Secrets Even Your Derm Hasn't Told You

Your doc may not be giving you the full scoop on complexion care. Here, 10 beautifying facts most women are clueless about.
By Eleanor Langston

Think your derm is dishing out all the info you need to achieve an envy-inspiring complexion? Not so. With their swamped schedules, most skin doctors end up spending a mere 15 minutes with each patient. No wonder they're more interested in answering your most pressing questions than in offering up look-great news.

That's where we come in. After grilling the top skin-care pros to get their cutting-edge tips, we discovered some surprising facts: Everything from your sleeping position to the drink you sip in the sun can mess with your skin. Behold, the get-gorgeous lowdown.

1 Products can multitask.

Using one product for one need? You're missing out. Double-duty products streamline your routine and deliver more benefits. "Look for ingredients that complement each other," says New York City dermatologist Jeannette Graf.

SPFs laced with antioxidants fight aging free radicals (one option: DDF Moisturizing Photo-Age Protection SPF 30, \$28). And antiaging retinol creams (you should use one at night to prevent fine lines) can also be used as a spot treatment to zap zits, says Philadelphia-based dermatologist Chrysalyne Schmults. (We like Olay Total Effects Intensive Restoration Treatment, \$18.99.)



This can fix fine lines and zits.

2 Your skin gets bored. Know how after a while that new guy you've been dating ceases to do it for you? The same can happen with skin-care products. And in this case, it's not them, it's you. "Skin stops responding to the active ingredients," says Dr. Schmults.

It's most likely to occur after six months and with moisturizers or spot treatments. (Cleansers aren't on long enough for skin to become resistant.) Dead cells prevent products from penetrating. So use a glycolic acid scrub (like MD Formulations Face and Body Scrub, \$35) to loosen skin's top layer.

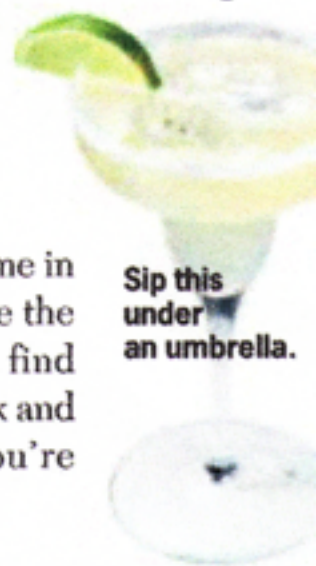
3 You don't need to wash your face twice a day.

"We're so obsessed with squeaky-cleaness," says Boston-based dermatologist Ranella Hirsch. "But even mild cleansers can strip natural oils, exacerbating flakiness and irritation." If your skin has been tight or red, skip the morning wash and just rinse. Unfortunately, that doesn't mean you're off the hook at night. "Skin gets clogged during the day, especially if you're wearing makeup," says Dr. Hirsch.

4 Margaritas can give you more than a hangover.

"I see patients all the time with margarita mustaches," says NYC dermatologist Debra Wattenberg. Funny name for a not-so-funny problem. Chemicals in fruity alcoholic beverages can react with your skin while you're in the sun, causing reddish brown spots called phytophotodermatitis. (Try saying that a few times fast after a couple of rounds!)

Wearing perfume in the sun can cause the spots too. You'll find them on the neck and arms (where you're



Sip this under an umbrella.