

# COSMOPOLITAN

Your Hair-o-Scope: Style Tips for 2002

FEBRUARY 2002

## YOUR GUY'S BODY

4 Secret Pleasure Trails Every Man Has (Take a Private Tour Tonight!)

## You and Him, Happy as Hell

How to Stay Blissfully Bonded

## SLEEP NAKED

And Other Surprising Ways to Feel Sexier in Your Skin

## She Caught a Rapist With a Straw

A Sex-Crimes Detective Tells Her Riveting Story

\$3.50



www.cosmopolitan.com

**Britney Spears**  
Fun Fearless  
Female of the Year

## When to Toss Old Beauty Loot

### THE SUSPECT

### WHEN TO TOSS

### THE REASONING

EYELINER PENCIL  
6 months



The moist consistency of the tips of liners can harbor bacteria and spread infections like pinkeye. Be sure to sharpen your pencil frequently to remove the dirtier outer layers, and don't share with friends. We like Guerlain Prune No. 6, \$19.

EYE OR FACE CREAM  
8 months



Overexposure to air can cause active ingredients to break down, and dipping into creams can result in contamination. Safest bets? Bottles that have pumps or airtight packaging. We like Biotherm Age Fitness Revitalizing Essence, \$40.

FOUNDATION  
5 months



Since applying base requires repeatedly dipping into it with your fingertips or a sponge, bacteria can build up very quickly. Increase the shelf life of your cover-up by always applying it with a disposable makeup sponge. We like Max Factor Silk Perfection Compact Make-Up, \$7.90.

LIPSTICK  
6 months



Lipstick can carry germs, so it's best to ditch it after half a year. We like MAC Lipstick in Crème de la Femme, \$14.

SOURCE: DEBRA LUFTMAN, M.D., CLINICAL INSTRUCTOR OF DERMATOLOGY AT UCLA