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FamilyCircle

Easy on You!
25 Great Recipes

Tired of
Being Tired?
Simple Energy Boosters

Thin by Spring



Magical
Masks

The right mask can give your face a **healthy look** that lasts all day. For acne-prone skin, find one with salicylic, alpha or beta hydroxy acids. Opt for a mud or gel for oily skin and an oil-based mask for dry skin. Simply sensitive? Choose chamomile or rose oil.

Dark circles? Try: Almay Kinetin Rejuvenating Eye Treatment with moisturizer and antioxidants to improve and protect fragile skin under the eye; Shiseido Bio-Performance Super Eye Contour Cream with vitamins to dilate blood vessels and **fade melanin**, or Bourjois Light Reflecting Concealer—the name says it all.

Contrary to popular practice, it's not a good idea to try to blast a blemish with a dab of toothpaste, which can be too harsh and even interact with other products. ● The **best choice** is a 3- to 10-percent benzoyl peroxide solution.

Cold weather and wind can worsen a dry complexion. ● Avoid harsh soaps, hot water and alcohol-laced toners in favor of **gentle cleanser** and a lukewarm rinse. ● Up the richness factor of your moisturizer, from gel to lotion or from lotion to cream.

Never ever sleep with makeup on. It risks clogged pores that can be a cause of break-outs.

Our Experts Dr. Lydia Evans of Chappaqua, N.Y., consulting dermatologist to L'Oréal; Dr. Debra Luftman, cosmetic dermatologist and clinical instructor of dermatology at University of California Los Angeles; Dr. David Bank, director of The Center for Dermatology, Cosmetic & Laser Surgery, Mount Kisco, N.Y.