

fitness

mind, body & spirit

RECLAIM
YOUR LIFE
22 ways to find balance

beauty

45 Beauty Rehab

Overplucked brows? Home hair-coloring hell? How to bounce back from 12 common beauty blunders.

BY MARY ROSE ALMASI

2 "I shaved my bikini line and now it's full of red bumps!"

FAST FIX: First, apply a dab of salve that contains a soothing agent, such as Therapy Systems Emergency Treatment Cream, \$29.50, to calm and moisturize skin, suggests **Debra Luftman, M.D., a dermatologist at UCLA.** Follow with hydrocortisone cream to decrease irritation and speed healing.

NEXT TIME: Exfoliate daily with a glycolic lotion such as Peter Thomas Roth Glycolic Acid 5% Moisturizer, \$40, to keep hair follicles open and less prone to painful ingrowns. Avoid razor burn by shaving in the direction of growth, and use an oil (which protects skin better than a gel or cream). **TO TRY:** Desert Essence Aroma Essence Shaving Oil, \$5.99, contains healing tea-tree oil.

5 "I exfoliated my face and now it's red and blotchy!"

FAST FIX: Apply a layer of plain yogurt and leave it on for 10 minutes. "The acidophilus in milk fat is soothing and cooling," says **Dr. Luftman.** Then neutralize any residual redness with a layer of light-diffusing moisturizer, like Aveeno Positively Radiant Daily Moisturizer, \$13.99.

NEXT TIME: Forget about scrubs of any kind—they're just too abrasive for your skin. Instead, use a mild chemical exfoliator such as a glycolic toner. **TO TRY:** Prescriptives Immediate Glow, \$19.95.

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