

# REAL SIMPLE

| life made easier |

## Fashion made easy 23 timeless looks

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### minimize a facial flush

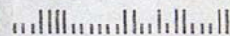
Place a cool, wet towel on the back of your neck. "When your face flushes during exercise, it's a normal physiological response to your body overheating," says Lydia Evans, a dermatologist in Chappaqua, New York. "Your blood vessels dilate and increase blood flow to the surface of the skin to cool it, which gives it that red appearance." A cold towel on the back of the neck constricts those blood vessels, numbs the nerve endings there, and helps lower your body temperature quickly, says Debra Luftman, a cosmetic dermatologist in Beverly Hills. Splashing cold water on your face will have the same effect.

**QUICK TIP:** Carry a spray bottle filled with cold water to the gym. When you feel your face getting warm, spritz it with water. This will help keep the redness to a minimum.

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