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Would you change your breast size?



Beauty blunder: You haven't been taking care of yourself and now you've caught a cold (and your nose looks like Rudolph's). Frequent blowing and rubbing with tissues can dry out the skin on your nose, causing chapping. Dry, peeling lips (another

Aveda Lip Tints are moisturizing and contain SPF 15.



side effect of colds) can be made worse by indoor areas with low humidity as well as by cold temperatures, says Debra Luftman, M.D., a clinical instructor of dermatology at the University of California, Los Angeles. Lip licking also can dry your lips further because saliva contains enzymes that can draw moisture out of the skin.

Quick fixes Apply an over-the-counter hydrocortisone ointment mixed with equal parts antibiotic ointment (try Neosporin, \$4; at drugstores) to your nose. The combination will create a protective barrier for the skin and kill any bacteria that could inhibit healing, Sarnoff says. To conceal a red nose, dab a foundation like L'Oréal Air Wear Breathable Long-Wearing Foundation (\$12.35; at drugstores) on the skin. Re-coat as needed. Moisten lips with cool water, then apply a lip balm (like Weleda Everon Lip Balm, \$5; 800-941-9030; or Aveda Lip Tint, \$12; 800-328-0849) to help seal in moisture. If you want to apply more color, choose a moisturizing lip gloss like Neutrogena MoistureShine Gloss (\$7; at drugstores). But before you apply it, brush lips gently with a toothbrush to help exfoliate the dead skin so the color can coat lips more evenly. Also, drink plenty of water to rehydrate your entire body.

Colleen Moriarty is a free-lance writer in Washington Depot, Conn.