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FamilyCircle



Summer
Bucket List

25

BEST THINGS TO DO
THIS MONTH

Getting Skin— timate

You asked us your most burning skin questions on Facebook, and we found the answers. Time to get up close and personal.

BY DORE PRICE

Q:

Is it possible to shrink large pores?

—Theresa Magnani

Retinoids are the only proven topical ingredients that stimulate collagen and elastin production, which can make pores appear smaller. Dendy Engelman, MD, dermatologist at Manhattan Dermatology and Cosmetic Surgery, suggests Differin Gel, \$14, which is now sold over the counter at drugstores. Although more expensive, in-office laser treatments, such as Fraxel and PicoSure, are another option.

Q: I sweat a lot and tend to break out on my chest. What can I use to prevent pimples?

—Ashley Bradford

Most acne facial treatments containing salicylic acid or benzoyl peroxide work on the body too. Engelman recommends PanOxyl Acne Foaming Wash Maximum Strength, \$9. To prevent pimples, keep cleansing wipes handy for whenever you're sweaty. Dickinson's Refreshingly Clean Cleansing Cloths, \$7, help kill bacteria. Wear clothing made of cotton or other absorbent materials, and change out of damp gym clothes as soon as possible.

Q: Every product I use makes my rosacea flare up. What should I try? —Carol Tedord

Look for products specifically formulated for redness-prone skin that state they're non-comedogenic, hypoallergenic and fragrance-free on the packaging, says Engelman. Cetaphil's Redness Relieving line calms and balances ruddy complexions. Use a mineral-based sunscreen with UVA and UVB coverage—it won't irritate sensitive skin and can help reduce breakouts caused by sun exposure.

Q: How do I get rid of the little white bumps on my face?

—Darcie Olsen

Those tiny cysts, called milia, are caused by dead skin cells trapped underneath the skin, says Engelman. The only way to get rid of them is by seeing a dermatologist. To prevent others from forming, wash with a salicylic or glycolic acid cleanser, like Glytone Mild Gel Cleanser, \$33, two to three times a week.

Q:

What is the best way to reduce brown spots?

—Lin Cheney

Too much sun exposure causes an overproduction of melanin (pigmentation), which can lead to permanent dark spots. Brightening ingredients, such as vitamin C and licorice extract, can decrease discoloration, says Engelman. For a stronger fix, Engelman suggests prescription-strength Tri-Luma, which contains 4% hydroquinone, a potent bleaching ingredient. To prevent further damage, make it a habit to wear sunscreen daily, regardless of the weather.