

FREE! SUMMER SKIN GUIDE

MAY | 2011

Prevention

Have You Hugged Your Friends Today?

7 Amazing Ways Pals Boost Your Health

WOW!

WIN A Beach Vacation

ENTER FOR YOUR CHANCE, p. 68

Sberyl Crow

The Decision That Changed Her Life...Forever

BEDROOM CONFIDENTIAL

The Love Drug That's Rocking American Marriage

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Super
BODY SHAPE UP!

Melt Off 10 Pounds In 4 Weeks

Plus OUR FAT-FIGHTING SECRET WEAPON

6
Healthiest (& Tastiest!) Sandwich Breads

Prevention.com

A close-up photograph of a woman with long, dark, wet hair. She is looking off to the right with a soft expression. Her hair is dripping with water, and she appears to be wearing a yellow top. The background is bright and slightly out of focus, suggesting an outdoor setting like a beach or poolside.

Here
comes
the

Sun

Now's the time to do a beauty 180 for the 94 sunny, steamy days ahead. Use these hair and makeup ideas to stay both pretty and protected.



The Skin Saver

It may work to use an anti-ager, a lotion with sunscreen, and foundation on your face in winter, but that's a recipe for an oil slick in warm weather. When humidity ramps up, switch to an all-in-one like (1) **Origins Brighter by Nature SPF 30 Skin Tone Correcting Makeup** (\$28; *origins.com*); it has cellulose to absorb oil, and the powder's light-diffusing minerals make fine lines less noticeable.

The Eye Opener

Switch to a growth-promoting mascara; with longer, darker lashes, you won't need eyeliner,

which tends to smear in the heat. Try **StimuLash-Fusion Lash Enhancing + Lengthening Mascara** (\$28; *sephora.com*). For even prettier eyes come summer, wear shadow that has anti-aging benefits too. Shimmery, antioxidant-rich (2) **Tarte Amazonian Clay Waterproof Cream Shadows** (\$22; *qvc.com*) have a water-resistant formula that's perfect for the sweaty days and pool dips to come.

The Lip Fix

If you want to wear brighter lip colors this summer but worry they'll draw attention to fine lines around your

mouth, this move is for you: Prep with a balm that has hyaluronic acid, such as **Blistex Deep Renewal with SPF 15** (\$3; drugstores). "The acid has a slight plumping effect that diminishes the appearance of lines," says Marta I. Rendon, MD, founder and medical director of the Rendon Center for Dermatology and Aesthetic Medicine in Boca Raton, FL. Next, fill in lips with a lip crayon or pencil, like (3) **Jane Iredale's Lip Crayon** (\$10; *shop.janeiredale.com*). "This will last longer than lipsticks or glosses in hot weather," says Mai Quynh, an LA-based makeup artist for Mark Cosmetics.

—Jennifer Goldstein

THE GLOW GETTER

Make a habit of using a self-tanner; it encourages you to spend less time sunbathing, according to a new study published in the *Archives of Dermatology*. "Having a fake tan seems to keep people from lying outdoors unprotected," explains dermatologist Marta I. Rendon, MD. Try Dr. Dennis Gross Skincare Alpha-Beta Glow Pads (\$32 for 20; *sephora.com*); their self-tanning formula features antioxidants and vitamin D.