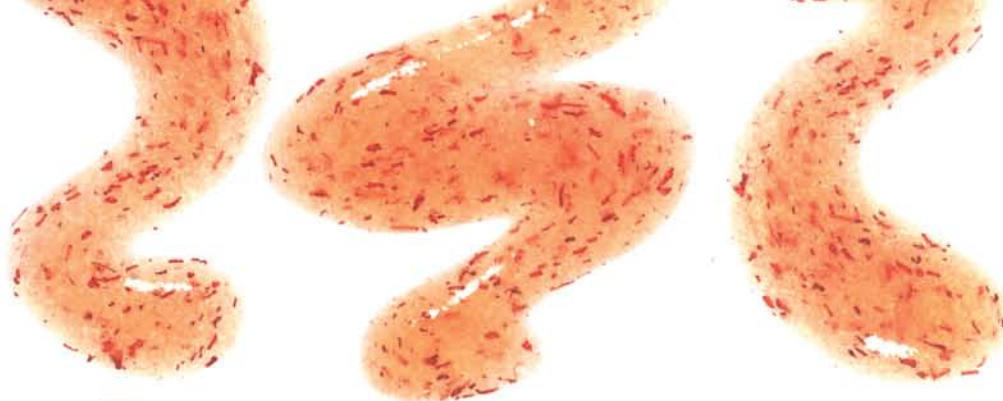


Don't! rely on makeup as sunscreen

Studies show that a foundation's sun-protective value lasts only about 2 hours. For complete coverage, dermatologists recommend applying a generous amount of broad-spectrum sunscreen (one that blocks both UVA and UVB rays) with an SPF of 15 or higher every morning. "Look for those that contain Parsol 1789 (a.k.a. avobenzone), titanium dioxide, or micronized zinc," says Debra Jaliman, MD, a dermatology instructor at New York's Mount Sinai School of Medicine. Replacing your usual moisturizer with one formulated with a broad-spectrum SPF (such as Cellex-C Sun Care SPF 30+, \$30) can also work, as long as you apply it generously and wear it when you're going out for short periods.



Do! exfoliate for a sleeveless summer

Rough, bumpy skin on your back and outer sides of your upper arms is the hallmark of a common condition called keratosis pilaris.

Unightly but harmless, the bumps appear when excess skin cells build up around hair follicles, explains Audrey Kunin, MD, a Kansas City, Missouri, dermatologist. Skin can also take on a polka-dotted effect if follicles get inflamed. Keratosis pilaris can't be cured, but it can be treated; regular use of an exfoliating scrub (such as Neutrogena's Energizing Sugar Body Scrub, \$9.99, or Apivita Aromatherapy Energy Body Scrub, \$18, above) can help rub it out. After exfoliation, apply an alpha hydroxy acid-containing lotion to keep follicles from clogging up again. Look for one with urea, a moisturizer that softens the driest of skin, such as Pevonia Botanica Preserve Body Moisturizer (\$24).

Don't! be a paleface (think bronzer)

The fastest and most foolproof way to perk up a complexion is with bronzers, which give a subtle glow to any skin shade.

(Major bonus: Do-it-yourself bronzer is far safer than tanning in the sun or tanning salon.) The key to making fake color look convincing is to use a product that's a shade or two darker than your skin tone. Best for beginners is loose powder; it's easy to apply and works well on all skin types. "Sweep it over areas that the sun naturally hits—like the forehead, cheeks, nose, and chin," says New York makeup artist Morgen Schick, author of *Your Make-over: Simple Ways for Any Woman to Look Her Best*. Our testers liked Estée Lauder Bronze Goddess Soft Matte Bronzer (\$29.50) and Shiseido The Makeup Multi-Shape Enhancer in Terra-Cotta Glow (\$35, below).



Do!



summerize your skin care

Rich, thick cleansers and creams don't just feel heavy; they can cause clogged pores and breakouts. By May, it's warm enough to switch to lighter oil-free lotions or gel formulas, Jaliman says. If your skin feels greasy as the mercury rises, try a mattifying toner. We like Murad's Clarifying Toner (\$20).