



Dr. Brandt Microdermabrasion in a Jar, \$75; sephora.com. Bobbi Brown Moisture Rich foundation SPF 15, \$38; bobbibrown.com.

Q How do you cover up dry, flaky skin?
—Zooey Deschanel

A “Dry patches are dead cells that won’t let go,” says Miami dermatologist Leslie Baumann. “You should get rid of them, not just cover them up.” Her solution: Use a scrub twice a week. She likes Dr. Brandt Microdermabrasion in a Jar because it won’t irritate sensitive complexions. After exfoliating, immediately rehydrate skin with a moisturizer. To give skin a dewy finish, celebrity makeup artist Scott Barnes suggests using hydrating cream foundations instead of drying powder or matte formulas, which can cling to flakes. He recommends Bobbi Brown Moisture Rich foundation SPF 15.



Revlon Expert Effect 1/4" Jaw Cuticle Nipper, \$16; at drugstores. Elizabeth Arden Smart Balm Cuticle Repair, \$16; 877-899-0064.

Q What can I do to avoid getting hangnails?
—Ashanti

A Hangnails are caused by dryness, so lotion is a must, especially after washing hands (soap and water zap moisture). Manicurist Jin Soon Choi, owner of Jin Soon Natural Hand and Foot Spas in N.Y.C., uses Elizabeth Arden Smart Balm Cuticle Repair every day. “Balms absorb faster than cuticle oils, so your hands won’t be greasy,” she says. After moisturizing, Soon suggests snipping hangnails (trim the loose skin only) with the Revlon Jaw Cuticle Nipper’s sharp, pointed tip. Whatever you do, resist the urge to pull or chew on dry skin. These bad habits can cause infection and lead to more hangnails.



Q How do you not get puffy from going on a plane?

—Jamie-Lynn Sigler

A Fight swelling with frequent strolls around the cabin and a post-flight walk to rev up circulation, says Kansas City, Mo., dermatologist Audrey Kunin. Drinking plenty of water and avoiding salty foods before and during your flight can also reduce water retention, says San Francisco dermatologist Kathy Fields. Keep skin hydrated and fresh-looking with a lightweight moisturizer. Kunin likes non-greasy Cellex-C Enhancer Sea Silk Oil-Free moisturizer and SkinCeuticals Hydrating B5 gel.



SkinCeuticals Hydrating B5 gel, \$55; skinceuticals.com. Cellex-C Enhancer Sea Silk Oil-Free moisturizer, \$49; 800-235-5392.