



Smooth Moves

How to banish bumps, blemishes, and more BY REBEKAH GEORGE

Beach season is here, and you're suddenly plagued with a bikini rash and chicken skin on the backs of your arms. To get show-off skin by the first day of summer, try these six smart trouble-shooting solutions.

YOU WANT a fresh, healthy glow

the problem Dead-skin-cell backlog. "Nothing leaves skin more lackluster," says Lisa Donofrio, MD, an associate clinical professor of dermatology at Yale University. "The pileup of cells dulls skin and keeps moisture from seeping in."

speedy solution Slough old cells from your body with a scrub made of dissolvable granules, such as sea salt or sugar. These gentle abrasives are less likely to

inflammate skin than scrubs made with crushed apricot pits or walnut shells. Try Neutrogena Energizing Sugar Body Scrub (\$10; drugstores). For your face, use a cleanser that contains a chemical exfoliator such as alpha or beta hydroxy acid. And always apply lotion afterward while skin is slightly damp; the added hydration helps seal in moisture.

YOU WANT smooth skin

the problem Plugged hair follicles (keratosis pilaris). You probably inherited those pesky little white bumps on the backs of your upper arms, butt, and thighs, reports the American Academy of Dermatology. And you're not alone: Up to 40% of people have them.

speedy solution Minimize the appearance of these bumps (there's no cure) by opening up the follicles and loosening the keratin plugs blocking them. Choose a lactic or glycolic acid lotion, such as DermaDoctor KP Duty (\$36; www.sephora.com). Use it regularly, because once you stop, the bumps will reappear, says Wendy Roberts, MD, a dermatologist in Rancho Mirage, CA.