

# beauty flash



This pretty new hue gives back, too!

**Hand aid** Brighten your nails with a do-gooder of a polish. ▶ Beginning this month, \$1 from every sale of OPI Red-y to Help, \$8, benefits the American Red Cross in honor of its 125th anniversary this year. Celebrate by popping open a bottle.

**Scar Rx** Baring summer skin can also mean revealing your scars. But you can fade the flaws with this rule of thumb: Use over-the-counter patch products to flatten raised scars, or rub on multitasking Retin-A to even out the skin of sunken ones, suggests Diane Madfes, M.D., a dermatologist in New York City.

**Make waves** You don't need a trip to the beach to achieve a tousled style—a roll of paper towels will do. Divide damp hair into medium-sized sections along the crown, securing each with an elastic. Fold paper towels into long, slim rectangles and tie three or four around each section, from roots to ends (the more knots you tie along the length of the hair, the more kinks you'll get), says Ted Gibson, a stylist in New York City. Blow hair dry, then untie to show off natural-looking waves.

**Chill out** Stash your face moisturizer in the fridge before jumping in the shower. Applying it cold can reduce puffiness, says Jessica Liebeskind, a makeup artist in NYC. It's a cool way to start your day.

**Attention, sun junkies** Docs have speculated that UV rays spur feel-good endorphins, which keep tanners going back for more. And research supports the theory. When frequent tanners were given a drug to block endorphin release, half the group experienced withdrawal symptoms such as nausea and jitters, and infrequent tanners were unaffected, according to the *Journal of the American Academy of Dermatology*. Craving the sun? Get dependent on skin-saving sunscreen.

**Lip lock** Lip stains offer kissproof, all-day color, but sometimes they can linger too long. You can have the stay-put benefits, plus the option of easy removal, with Bourjois Bons Baisers de Paris lip stain, \$15, available in four shades. The marker look-alikes are water-based, so they rinse away during regular cleansing without an oil-based remover, something most stains require. Pucker up!

**Smooth skin move** Dandruff isn't a scalp-only issue. The same yeast that causes it can lead to scaly patches on your face. Derms advise rubbing dandruff shampoo over affected areas, but you can wash and treat in one step with DermaDoctor Born to Be Mild Medicated Face & Body Cleanser, \$24. It contains 2 percent pyrithione zinc, the active ingredient in many dandruff washes.