

SPOT THE PROBLEM

More than 50 percent of women ages 20 to 29 still battle acne, according to the American Academy of Dermatology. "Acne can occur throughout your lifetime," says Amy Derick, M.D., a dermatologist in Barrington, Illinois. What's more, breakouts can worsen and crop up in new places for a variety of reasons. **But the location of acne and other skin problems can tell you what's causing the flare-ups**—and point you and your derm toward a solution.

IN THE CLEAR

Twenty-four percent more adults visit orthodontists today than they did a decade ago, according to the American Association of Orthodontists. One reason is the availability of barely there braces, which make the teeth-straightening process less, er, in your face. Good thing, since a new study in *The European Journal of Orthodontics* found that **people judged photos of a woman with gold, ceramic, or stainless-steel braces as less attractive** than images in which she sported clear gear. The clear option is widely available and usually comparable in price to other methods, says AAO president Lee W. Graber, D.D.S., Ph.D.



FOREHEAD

Cause: Pore-clogging ingredients in your hair products

Rx: Wash your face twice a day using a cleanser that contains salicylic acid. Try **Neutrogena** Oil-Free Acne Wash, \$5.50, at drugstores.

CHEEKS

Cause: Rosacea, a chronic inflammatory skin condition that causes acne-like eruptions

Rx: Avoid too much sun and extreme temps. Protect your skin with a product that doesn't contain chemical sunscreens.

Try **SkinCeuticals** Sheer Physical UV Defense SPF 50, \$30, skinceuticals.com.

CHIN

Cause: Fabric rubbing against your chin, which can stimulate oil production; ingrown hairs

Rx: Ask your derm about using Rx-strength retinoids (such as **Differin** or **Retin-A Micro**) to keep pores clear and decrease oil production. Wash and exfoliate before waxing.

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INCREASE IN 2010 IN THE ESTIMATED NUMBER OF AMERICAN WOMEN WHO WEAR ONLY ONE MAKEUP PRODUCT A DAY. MAKE IT COUNT WITH A MULTIPURPOSE PRODUCT MEANT FOR EYES, CHEEKS, AND LIPS THAT ALSO HAS SKIN-CARE BENEFITS. TRY STILA ONE STEP PRIMECOLOR, \$22, SEPHORA.COM.

Source: The NPD Group

THIS JUST IN

Good Melanoma News

A drug called OncoVEX uses a virus to attack cancer cells without harming healthy ones. In studies, when the drug was injected into melanoma lesions, it cured or reduced them in 30 percent of patients. Look for it by the end of 2011, says lead scientist Howard Kaufman, M.D., of Rush University Medical Center.

WHAT IS IT?

kom·bu·cha

\käm-bü'-shə\ n. A fermented tea that is being used as a hydrating ingredient in some skin-care products to reduce roughness and brighten skin. Try EmerginC's new Scientific Organics line, \$30 and up, emerginc.com.

Source: Sederma SAS



CLOCKWISE FROM TOP: PATRIC SHAW/TRUNK ARCHIVE; LISA SHIN; RANKIN/TRUNK ARCHIVE