Sexy Body Secrets
The #1 mistake that makes fat stick

SO PRETTY!
Look amazing without trying too hard P.144

DELICIOUS SEX
Mmm, mmm...tonight’s going to be great!

Money Made Easy
Pocket more, panic less P.150

THE FUN ISSUE
Free stuff to do! Grab your guy & girl pals!
"My skin is oily and flaky."
PREVENT Use a face wash with 2 percent salicylic acid (the standard strength of the oil fighter) on forehead, nose and chin, says Meghan O'Brien, M.D., a dermatologist in New York City. Skip cheeks and just splash them with warm water. Before bed, trace your T-zone with an exfoliating glycolic serum. Oil is less likely to take a shine to healthy skin.
PROTECT Apply an oil-free sunscreen with SPF 30 and hyaluronic acid daily. It hydrates—you still need some moisture—without being greasy.

"I'm red, and I'm not blushing!"
PREVENT Supersensitive skin is quick to redden. Avoid sudsy cleansers with harsh detergents. Your best bet: a face wash labeled soap-free.
PROTECT Safeguard your skin from UV rays with a cream that has SPF 30+ and zinc oxide, a natural anti-inflammatory that calms redness, says Meghan O'Brien, M.D., a derm in NYC. At night, use a lotion labeled hypoallergenic, meaning it's free of many irritants.

"I'm a shiny mess by 2 P.M."
PREVENT Try a gel-based cleanser (creamy is too heavy) with glycolic acid, a heavy-hitting exfoliant that penetrates deeply, washing away oil hiding out in pores. Then dab a mattifying gel all over to absorb shine, says Michael Gold, M.D., a dermatologist in Nashville.
PROTECT Sunblock is still a must. Look for one with avobenzone, which is known to be a bit drying—in a good way. Before bed, apply a retinol serum; it signals the skin to produce less oil.