

SPECIAL ISSUE



allure

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BEST of **Beauty**

The Steals, the Breakthroughs,
the 283 Products You Want Now

Kim
Kardashian West
Up Close and
(Very, Very) Personal

\$5.99



10>

14

Number of days your skin maintains its newfound smoothness after a microdermabrasion treatment, according to a study in *Skin Research and Technology*.

EASY TO SWALLOW

Why more and more women are popping pills in the name of perfect skin.

I've been taking a blood pressure medication for two years. Because I want better skin. Let me explain: It's a pill called spironolactone, and it also blocks androgen hormones from stimulating oil glands. New York City dermatologist Joshua Zeichner prescribed it (off-label) to control my T-zone breakouts; my skin was gloriously clear within a few weeks. I've continued to take a 50-milligram dose every day since—along with seemingly every other woman I know under 40 (and her sister). "It's one of the best treatments we have for adult acne in women, even for patients who don't respond to Accutane," says Zeichner. Dermatologists across the country are just as bullish. "It's easy, effective, and relatively inexpensive," says Beverly Hills dermatologist Ava Shamban. (With insurance, mine is \$10 a month.) Doctors find spironolactone tackles acne best in women between 18 and 45 whose breakouts flare up on the jawline, upper neck, chest, and back. Miami dermatologist Manjula Jegasothy credits its current popularity (it has been prescribed for acne for more than 10 years) to recent findings that there are virtually no risks if you're healthy and not pregnant. And the benefits may last long after the prescription runs out. "A patient's skin will often self-regulate after six months to a year of spironolactone treatment and stay clear on its own," says Shamban. —JESSICA CHIA

MY SECRET WEAPON

Panasonic Facial Ionic Steamer

"It softens the skin and increases circulation to make you look radiant and fresh," says makeup artist Vincent Oquendo, who works with Bella Hadid, Ashley Graham, and Sara Sampaio. He recommends exfoliating and toning before an 8- to 10-minute steam. (Then follow up with a facial oil or hyaluronic acid serum.) "After that, I can almost send a client out on the red carpet without makeup—it changes the texture of the skin," says Oquendo. —J.C.



Don't stick your face in the pink saucer (we tried)—hold it five to seven inches away instead. \$129.99.

FROM TOP: KARINA TWISS/TRUNK ARCHIVE; HANNAH WHITAKER (PROP STYLIST: RACHEL HAAS)