

# Health<sup>®</sup>





## DE-SLICK SKIN ON DEMAND

▶ DO YOUR PORES SEEM BIGGER POST-SWEAT SESSION? IT'S NOT IN YOUR HEAD: "THERE IS A CONNECTION BETWEEN CHRONICALLY ENLARGED PORES AND WORKING OUT EXCESSIVELY," NOTES S. MANJULA JEGASOTHY, MD, A DERMATOLOGIST IN MIAMI. YOU CAN MINIMIZE THE APPEARANCE OF PORES BY USING A LACTIC-ACID-BASED SOLUTION, SUCH AS OLE HENRIKSEN GREASE RELIEF FACIAL WATER (\$22; AT SEPHORA). "THE LACTIC ACID GETS INTO SWEATY PORES AND ABSORBS THE OIL," SAYS DR. JEGASOTHY.



Breathable fabrics? Yes, please!

KICK CALLUSES FOR GOOD

*Rough heels happen—whether you're an avid runner or just a flip-flop walker. On your feet, "cell turnover slows down as you get older, and dead skin collects there," says Dr. Jegasothy. Stay on top of the situation by filing down scaly patches with a foot file, like the Amope Pedi Perfect Wet & Dry (\$60; at Target). Do so after showering, when the skin is softest.*

ALL ILLUSTRATIONS: WOMEN, THINK ARCHIVE

## DEFEAT SPORTS ACNE

SURE, EXERCISE LEAVES YOU WITH THAT ENDORPHIN GLOW, BUT YOU MAY ALSO NOTICE SOME NOT-SO-PRETTY SIDE EFFECTS, LIKE FLARE-UPS ON YOUR CHEST, BACK OR REAR. "THOSE AREAS ARE FILLED WITH HAIR FOLLICLES," EXPLAINS DR. JEGASOTHY, "MAKING THEM EXTRA SUSCEPTIBLE TO BREAKOUTS." SO IF SHOWERING AFTER YOUR AB ROUTINE ISN'T ENOUGH, REGULARLY USE AN ACNE-BUSTING

BODY WASH, LIKE NEUTROGENA BODY CLEAR BODY WASH (\$7; NEUTROGENA.COM), TO REDUCE THE NUMBER OF BACTERIA ON YOUR SKIN. (THE GERMS CAN ULTIMATELY LEAD TO RASHES AND BLEMISHES.) AS FOR ALREADY-EXISTING SPOTS, RUN A BODY WIPE WITH AT LEAST 2 PERCENT SALICYLIC ACID OVER THEM ONCE A DAY. A GOOD CHOICE: STRIDEX MAXIMUM STRENGTH ACNE PADS (\$5; AT DRUGSTORES). BUH-BYE, BACNE!



## REFRESH SWEATY STRANDS

POST-RUN, RELY ON YOUR GO-TO: DRY SHAMPOO. PSSSST INSTANT DRY SHAMPOO IN TROPICAL (\$7; AT ULTA) HAS A TIME-RELEASE TECHNOLOGY TO REACTIVATE THE FORMULA THROUGHOUT THE DAY (MEANING STRANDS SMELL LOVELIER EVERY TIME YOU BRUSH-GENIUS). GIVE EXTRA ATTENTION TO HAIRLINE WISPS, WHICH "TEND TO BE DRIER AND SOAK UP MORE SWEAT," SAYS SHEENON OLSON, CELEBRITY HAIRSTYLIST AT ATMA BEAUTY MIAMI. BLAST THEM WITH COOL AIR FROM YOUR BLOW-DRYER AS YOU SMOOTH.



Braids: cute and keep you cool!

## GET CHILL SKIN

When the mercury is climbing, it can feel like your skin is on fire. Besides chugging plenty of water, what can you do? Try using a cooling treatment that hydrates skin. We like Origins Hit Refresh (\$32; origins.com), a body moisturizer that replenishes

water and vital minerals lost during your workout: the super-light cream-gel formula soothes skin on contact. Is your complexion red and blotchy? Apply Milk Makeup Cooling Water (\$24; milkmakeup.com) on puffy, irritated patches for immediate relief.

