

Headache Cures, p.60

June 2014

# Prevention®

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EDITORIAL REQUEST

DATE:

Thursday May 22<sup>th</sup> 2014



# Why Is My Skin Freaking Out?

*Just when you started getting along with your skin, it throws a temper tantrum. Take this short quiz and advice from Long Island, NY, dermatologist Marina Peredo to pinpoint the cause—and quell the hysteries.*

**GIVE YOURSELF  
1 POINT FOR  
EVERY A, 2 FOR  
EVERY B, AND  
3 FOR EVERY C.**

## **SCORE 4-6 Seasonal**

Whether it's the change in seasons or travel, lighten up makeup and add sunblock when the temps rise.

## **SCORE 7-9 Hormonal**

"Hormones send a cascade of inflammation that causes dilation of blood vessels, redness, and break-outs," Peredo explains. (See p. 86 for more on hormones and acne.) Reach for calming products and acne gels like **G.M. Collin Pur-acne Oxygen Gel** (\$48; [skin1.com](http://skin1.com)).

## **SCORE 10-12 Lifestyle**

Less-than-stellar skin care habits like not removing makeup, using old products, and skipping sleep can cause breakouts, irritation, and dullness. The solution: Clean up your act. Eat well, sleep a lot, and cleanse after working out and before bed.

### **1. How often do you remove your makeup?**

- A. Every night, of course.
- B. Whenever I remember.
- C. Is that a thing I have to do?

### **2. Where are you with menopause?**

- A. It's not on my radar yet/anymore.
- B. Ugh—I'm in the thick of it.
- C. It's on its way...I think.

### **3. What else is going on in your life?**

- A. I'm hot and sticky—the change of seasons is driving me crazy.
- B. I'm dealing with PMS, and my stress is off the charts.
- C. I just started a diet/workout regimen, and I'm not sleeping well.

### **4. Which of these best describes your irritation?**

- A. Itchy, reactive, and aggravated.
- B. Lots of redness, flushing, and some spots.
- C. Breakouts—am I a teenager again? 