

FACING UP
UNUSUAL REMEDIES
COULD GET RID OF
YOUR ACNE

BEAUTY & HEALTH

2 Be aware of what you eat

Spa owner Renée Rouleau believes dairy can trigger cystic acne around the chin and jaw, and Howard Murad, M.D., thinks that excess amounts of iodine—found in sushi, seaweed, salty

5 Take care of your hair

Beware! The products you use on your tresses can migrate onto your forehead, clogging pores. New York City aesthetician Shyou Hung suggests keeping your hair out of your face and, if you have an oily scalp, trying a shampoo with salicylic acid (like Neutrogena Maximum Strength T/Sal).

up to your period to help regulate hormones.

4 Add some moisture

It helps balance the skin, says L.A.-based facialist Sonya Dakar. Use a moisturizer without alcohol or fragrance and with an SPF of at least 30.

5 Take care of your hair

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a clear difference

Top dermatologists and aestheticians divulge their best-kept secrets on keeping you spotless.