

COSMOPOLITAN

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Yes! Yes! Yes!

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Men On Swimsuits

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beauty Q&A

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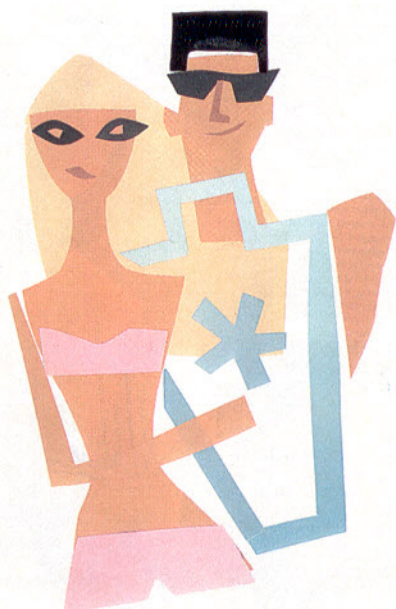
I'm going to a secluded beach and want to go topless. How can I prep my breasts?

If your breasts are virgins in terms of sun exposure, you can use a self-tanner to bronze them up before you hit the beach. Try Lancôme Soleil Expert Sun Care Flash Bronzer Body Spray, \$21, or Bain De Soleil Sunless Tanning Spray in Dark, \$9.89. Just don't be fooled: your breasts look tan, they aren't tan—you'll need to use a broad spectrum sunblock to protect delicate breast and nipple skin. Look for an SPF 15 product that contains Parsol 1789, an ingredient that blocks long-wave UVA rays—the most skin-damaging kind. Try PreSun Ultra, \$8, or Maybelline Ombrelle Sunscreen Lotion SPF 15, \$13 (both are available at drugstores). Use about a dime-size amount per breast and blend well. Reapply every three hours and after a swim—because this skin is usually covered up, it doesn't have any natural protective melanin, your body's own "sunscreen" (frequently sun-exposed body parts produce melanin as a tanning by-product, which is why you don't burn as badly once you have a tan). You might also check out new areole stickers meant to protect areoles and nipples. These small adhesive circles, called Sun Nips by Victoria Lee, come in funky, sexy designs like flowers and chocolate-dipped strawberries. Call (800) 999-4859 to order. Decorative Band-Aids can be used the same way.

SMELL HELL

How do you tell someone that you hate his fragrance? I'm dating a new man and can't stand the scent he wears.

Because sex and scent are so closely linked, it's important to cure your fragrance incompatibil-



Help... his cologne makes me gag!

ity problem if you have any hope for the relationship. He'll probably be insulted if you tell him he stinks, so we suggest buying him something new that appeals to you. If you tell him you heard about this great new scent, checked it out, and found it incredibly arousing, he's sure to want to try it. When you're shopping, be sure to avoid any scents you've loved on previous boyfriends—scents are processed in the area of your brain that evokes memories, and you want to keep the past in the past.

Instead, go for something totally new. Here are a few suggestions: Extreme Polo Sport, \$32.50; Lanvin L'Homme, \$45; Gucci Envy for Men, \$38.50; Hilfiger Athletics, \$30; and Bulgari Black, \$60 (these last two are both unisex, so you can share with him).

ARM-FUZZ BUSTER

I have really hairy arms.

What's the best fix-it method?

"Waxing is your best bet, especially if your hair is very dark and thick," advises Regina Viotto, director at Manhattan's Paul Labrecque Salon & Spa. Bleaching doesn't really solve the problem since the hair's still there, and it may turn your hair so light that it's even more noticeable. Shaving, too, is problematic, because hair grows back stubbly and obvious—with waxing, regrowth should be finer, softer, and more gradual. Plus, you'll only need to redo it every six weeks. If you can't afford to spring for a salon waxing (it will cost \$30–\$50), tackle your fuzz yourself with an at-home wax-strip kit. Grit your teeth and try Nair Quick & Simple 15 Second Microwave Wax, \$7.99.

Do you have a beauty question you'd like answered? Write to us at Beauty Q & A, Cosmopolitan, P.O. Box 1407, Radio City Station, NYC 10101; or E-mail us at cosmo_beauty@hearst.com

KISS OF THE MONTH Jenna Elfman



"I'm wearing M•A•C lipstick in Icon. It's a funky, sheer, bronze hue that enhances my skin tone and accentuates my green eyes."



Give oil
slick the slip.

Ask Andrea

Greasy-Face Fix

What can I do to get rid of the greaseball skin look I get during the summer?

Heat stimulates sebum production, causing your oil glands to go into overdrive. Since you can't stop this process, you'll need to control oil topically. Here are a few ideas from Miami dermatologist **Debra Price:**

■ Check out new astringents that contain beta-hydroxy acid to help sweep away grease and dead skin cells. Try Bioré Pore Perfect Toner, \$5.99. Use at least twice a day—you might want to throw a few of the new prepackaged astringent pads in your bag for quick touch-ups. Try Dermalogica Skin Purifying Wipes, \$25.

■ Also look into skin-mattifying lotions you apply in the morning—to bare skin or under makeup. (You can also use them over your makeup—they won't wreck foundation—throughout the day for touch-ups.) These work either by soaking up excess oil or refracting light so that shine looks less noticeable. Try Lancôme T. Contrôle Instant T-Zone Matifiant, \$22.50, or Avon Purifying Matte-Finish Toner, \$8.

■ **Dr. Price** also recommends using a clay- or camphor-based facial mask once a week to dry up excess oil. Try Bioré Self-Heating Mask, \$5.99.