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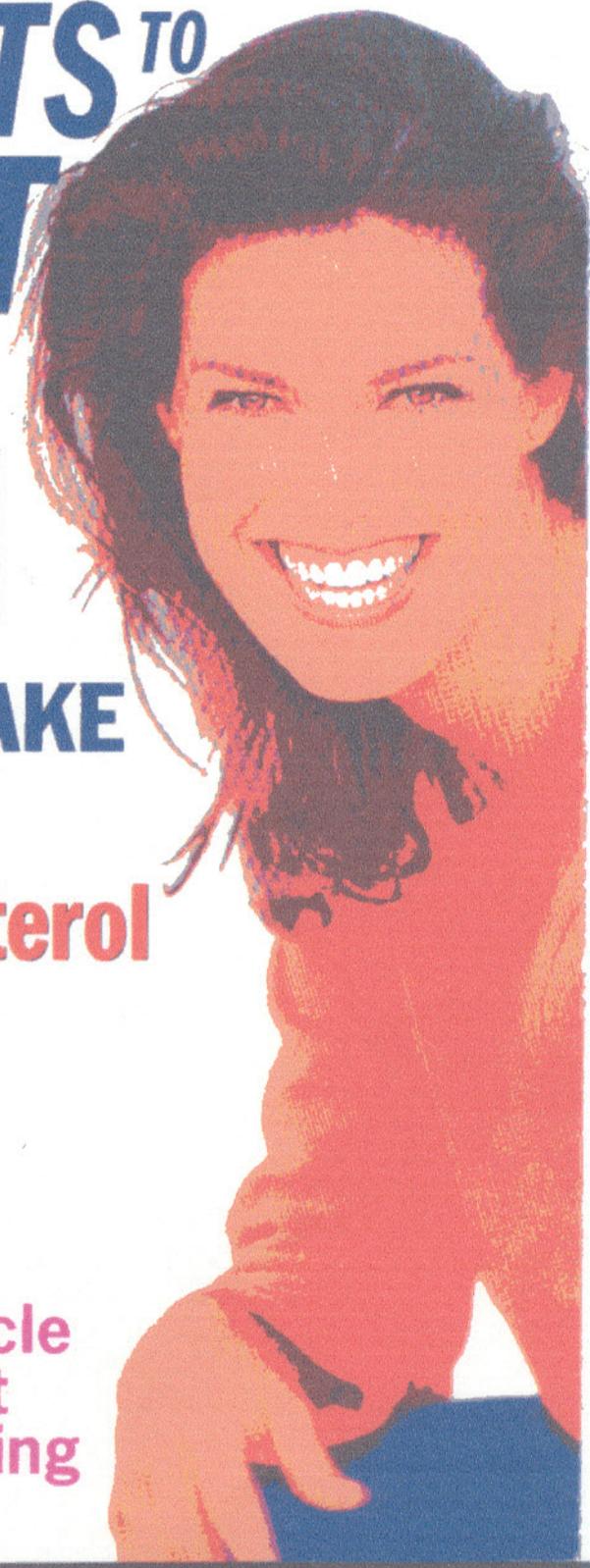
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Best Bets in BEAUTY

by Linda Mooney



Masks Made Easy

Q. I love using facial masks, but I tend to break out days later. Why?

A. You might consider switching products. Some ingredients can be irritating to skin, particularly if you are acne-prone, says Debra Price, MD, a dermatologist in private practice.

If you like the quick glow and pampered feeling that you get when you use a mask—remember, the effects of most facial masks last hours at most—follow this easy chart to choose a

product that's best for your skin type.

Note: Avoid using peel-off masks on very fragile or sun-damaged skin. They can stretch and pull skin and damage fragile blood vessels.

	ON OILY SKIN	ON DRY SKIN	ON NORMAL SKIN	ON ACNE
USE...	clay masks, "deep cleansers," or "pore minimizers"	moisturizing, "superhydrating," or "nourishing" masks	vinyl (viscous liquid or gel) or rubber-based masks that dry to a film	exfoliating or "purifying" masks with salicylic acid or benzoyl peroxide
WHY:	They absorb oil, reduce bacteria and shine, and temporarily tighten pores.	They soothe and soften dry, tight skin by plumping the top layers with water (the effect is temporary, lasting a few hours to a day).	Since you're probably using it more for the pampering experience, choose an aromatic mask.	Salicylic acids penetrate the clogged pores and help shed dead skin cells for a healthier glow; benzoyl peroxide helps clear acne.
NOTE:	No mask removes blackheads.	You can also use a rich moisturizing cream as a mask by applying it heavily before bed.	For combination skin, use a clay mask on oily areas only, and a vinyl or rubber-based mask on normal skin areas.	Acne-prone skin isn't always oily. Avoid clay masks if your skin breaks out but is also dry.