

THE BEAUTY EXPERT

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MAY 2013

GET A *SEXY* BODY

- Shortcuts for Tighter Abs, Arms, and Butt
- No-Joke Cellulite Cures

PLUS: Celebrities Pose Without Clothes

Summer Skin Starts Now

OUR EDITORS' VERY BEST TIPS

Total Goddess *HAIR*

Help It Grow, Make It Shine

Amanda Seyfried

On Her Exes, Her Body, Her Bare-All Sex Scenes

The Lazy Girl's Guide to Skin Care

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Real-Life Looks From the Fashion Runways



Photographed by
Patrick Demarchelier

How to Blast Body Acne

An Interview With Mary Lupo

Lupo is a dermatologist with a private practice in New Orleans.

You can treat acne on your body more aggressively than on your face because the skin there isn't as sensitive.

- **Switch your zit products.** Benzoyl peroxide kills bacteria, while salicylic acid dissolves oil and dirt. You need both, but they usually deactivate each other, so alternate between the two: Try a 2 percent salicylic acid wash and a scrub with 2.5 to 10 percent benzoyl peroxide. In the shower, let the body wash or scrub sit on problem areas for three to five minutes. If you have a whitehead, skip the scrub.

- **Treat and protect.** After showering, swab breakouts with a salicylic treatment that also contains antimicrobial peptides, like **Philosophy Clear Days Ahead Salicylic Acid Acne Spot Treatment**. At night, use an acne treatment with retinol, which helps to speed cell turnover. (Retinol can also be deactivated by benzoyl peroxide, so make sure you don't combine those ingredients.)

- **Wear SPF during the day.** Acne treatments increase sun sensitivity, so sunscreen is a must. Choose an oil-free, chemical-free, noncomedogenic formula.

- **Break out the big guns.** If you have persistent acne, you may need prescription antibiotics and retinoids. The topical antibiotic foam clindamycin kills deep-seated bacteria. Laser treatments such as the Cooltouch CT3 Plus, Smoothbeam, and **Isolaz** clear up breakouts by shrinking oil glands and zapping bacteria. —REPORTED BY RACHEL HAYES