

BYE-BYE BREAKOUTS

WANT CLEAR SKIN FAST? READ THIS!

Zap blemishes with these new at-home and in-office innovations from FITNESS advisory board skin pro David Colbert, M.D., a dermatologist and founder of the New York Dermatology Group in New York City.

ments are the standard, and cost approximately \$75 to \$100 each)

DR. COLBERT SAYS: "This treatment helps your skin act like a naturally non-acne-prone complexion, from the inside out."



IF YOU HAVE: Hormone-induced pimples and other red, non-whitehead inflammations

TRY: Solodyn, a prescription oral antibiotic (solodyn.com for info)

HOW IT WORKS: The time-release tablets deliver the antibiotic minocycline, which lessens the amount of bacteria and minimizes inflammation.

DR. COLBERT SAYS: "What's great is that the time-release delivery system diminishes some of the negative side effects of antibiotics, such as nausea and yeast infections."

IF YOU HAVE: Infrequent or stress-related breakouts

TRY: An all-in-one anti-acne skin-care kit (like Neutrogena Advanced Solutions Complete Acne Therapy System, \$29.99, drugstores)

HOW IT WORKS: A daily regimen that contains bacteria-

IF YOU HAVE: Bacteria-based pimples (not whiteheads or blackheads)

TRY: BLU-U Blue Light treatment

HOW IT WORKS: By decreasing the amount of bacteria on the skin, so pores don't hold as much blemish-causing oil and debris (seven treat-

fighting ingredients, such as benzoyl peroxide and salicylic acid, helps to keep your complexion flawless.

DR. COLBERT SAYS: "By using products that work together, it's easier to stick to a routine and prevent breakouts."

SNOW REFLECTS ABOUT 80% OF THE SUN'S ULTRAVIOLET

LIGHT. APPLY A BROAD-SPECTRUM SPF 50+ SUNSCREEN

EVERY HOUR TO GET ENOUGH PROTECTION.

(Try Skin Effects by Dr. Jeffrey Dover Sun Effects SPF 60 Sunscreen Lotion, \$12.99, CVS stores.)

BREAKING BEAUTY NEWS!

Better Sweat Protection

● OUR NEW FAVORITE IS (DRUMROLL, PLEASE)...

Secret Clinical Strength Anti-Perspirant/Deodorant, \$8.99, drugstores. The aluminum zirconium formula (replacing the shirt-staining culprit aluminum chloride) will give you all-next-day prescription-strength wetness protection. How, you ask? Apply two swipes before bed; the odor-fighting, skin-soothing ingredients will be absorbed deep into your sweat ducts to form an unstopplable wetness barrier.