

Pared-Down Dresses, Pumped-Up Coats

allure

THE BEAUTY EXPERT

OCTOBER 2009

BIG BREAKTHROUGHS

Cool Innovations for Longer Lashes, Smoother Skin, Stronger Hair & More

7 Things That Age Skin Most
(Based on Twins Who Look Years Apart)

**VANESSA
HUDGENS**

"I'm a nice, naive person."
(She swears.)

SPECIAL ISSUE!

BEST OF BEAUTY

THE 189 GREATEST PRODUCTS

De-Frizzers, Anti-Aging Creams, Thickening Mascaras, Long-Lasting Lip Glosses, Concealers, Sheer Foundations, Sultry Fragrances, Volumizing Mousses, Etc.

Voluptuous Hair
6 Wavy, Sexy Styles

Skin Reality

Our friends consider us amateur dermatologists, but even we learned a thing or two from *Simple Skin Beauty* (Atria Books), a new book by legitimate doctor Ellen Marmur, chief of dermatologic and cosmetic surgery at Mount Sinai Medical Center. Here, a few of the more surprising skin misconceptions she uncovers. —HANNAH MORRILL

- 1 THE BELIEF:** Washing your face too often can make it oily.
THE REALITY: “When your skin is squeaky-clean, new oil may *feel* more noticeable, but washing your face won’t kick-start oil production.”
- 2 THE BELIEF:** Washcloths are breeding grounds for bacteria.
THE REALITY: “They’re the most affordable and gentle way to exfoliate. If they’re left wet, they *can* harbor bacteria, but if you rinse yours well with soap, wring it out, and hang it to dry after every use, you’ll be fine.”
- 3 THE BELIEF:** Misting your face with mineral water when you’re on an airplane keeps skin from getting dehydrated.
THE REALITY: “Water evaporates off your skin, which causes it to dry out even more. Use moisturizer instead if you want extra hydration.”
- 4 THE BELIEF:** Serums penetrate better than creams.
THE REALITY: “This hasn’t been scientifically proven yet. A serum feels better on oily skin, whereas dry skin can handle a thick cream.”