

# Beauty Q&A

Every month, we answer a bunch of your burning beauty questions.

**Q** Should you skip over a zit when moisturizing at night?

**A** There's no need if you steer clear of thick creams and apply a noncomedogenic formula, which won't clog pores. However, if you're using a spot treatment on the zit, it's best not to put anything else on top. "You want the active ingredients, like salicylic acid, to seep into your skin without any interference," says NYC dermatologist Jody Levine. Try Olay's Complete Night Fortifying Cream, \$11.99.



**Q** Should I use hair oil on my really dry ends?

**A** Yes, it'll restore moisture quickly. Most deep conditioners contain protein, which can actually make your hair brittle if used too often, says Craig Stodola, a stylist at Salon A-K-S in NYC. But hair oils nourish with plant extracts. Rub a tiny bit through tips, and blast with the dryer (heat opens the cuticles, so it seeps in faster).



**Q** How can I make my skin look amazing in a backless dress?

**A** Exfoliate your back to slough off dead skin, suggests San Diego dermatologist Kimberly Butterwick. Since it's a hard-to-reach spot, enlist your guy's help or buy a long-handled loofah brush. To score a gorgeous glow, spray on a self-tanner (check in the mirror for streaks). Finish with Victoria's Secret Shimmer Puff, \$28. The particles pick up light to make skin sparkle.



**Q** My boyfriend wakes up with eye crusties. Why?

**A** He may be sleeping with his eyes slightly open, which is common and can cause irritation, says Marguerite McDonald, an ophthalmologist in Lynbrook, New York. The body then produces a wet mucus that dries into a.m. eye crust. Have him try a soothing ointment, like Refresh P.M., \$10.99, at night. No luck? See a doc to rule out infection.

**Q** It's frustrating when my eye makeup creases. How can I prevent it from happening?

**A** Sweat and oil make shadows crinkle, so swipe a primer or concealer across your lids first to cut any grease, advises celeb makeup artist Jillian Dempsey. Cream-based shadows tend to break down easily, but you can dust over them with a powder shadow to seal everything in place. If creases still pop up, pat your lids with an oil-blotting sheet.

