

Beauty Q&A

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

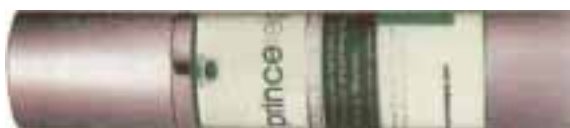


Q What kind of massage to guys like? I want to treat my man at the spa.

A A deep tissue sports massage—it sounds manly and targets the dense muscle where guys hold tension, says Robert Napodano, of Nickel Spa for Men. Prefer to do the job yourself? Rub along either side of his spine, pressing in and then pushing away from his backbone using the pad of your thumb.

Q Will cleansing my face with a bar soap dry out my skin?

A Possibly. "Many bar soaps contain dehydrating ingredients, like glycerin, as well as perfumes and artificial colors that can cause irritation," explains New York dermatologist Jody A. Levine. If your skin feels tight or becomes flaky after soaping, switch to a face wash with mild cleansing agents, such as sorbitol or ammonium sulfates, listed on the label. Or find a gentle bar with added emollients. (Try our pick, above.)



Q After shaving down there, why does it itch so much?

A "Ingrowns are probably to blame," says dermatologist Jeannette Graf, author of *Stop Aging, Start Living*. "Your body responds to them as it would to an infection, triggering the release of white blood cells, which creates itching." Dab on a salicylic-acid solution (like the one shown) twice daily to exfoliate follicles.

Q My eyelids are dark, so I always look sleepy. Help!

A Tap on concealer to offset darkness, says Cover Girl celeb makeup artist Molly Stern. (For cool skin tones, use a yellow-based concealer, for warm complexions, use one that has blueish undertones.) Follow with a dusting of peach shadow.



Q How can I extend the life of a hair straightening treatment?

A Most chemical relaxers only last three to six months. To max out results, apply a sodium hydroxide based kind, instead of a calcium hydroxide one, which can lead to kinks, notes celeb hairstylist Kimberly Kimble. Products containing proteins also help hair stay sleek. (Try L'Oréal Nature's Therapy Mega Strength Fortifying Shampoo and Conditioner, \$7.49 each.) And don't suds up too often or you'll strip away natural smoothing oils.