

COSMOPOLITAN

SUMMER 2013

For **Latinas**

SOAK UP THE SUN

WILD, TROPICAL COLORS YOU CAN WEAR ANYTIME, ANYWHERE

"I REBEL AGAINST EVERYTHING, EVEN MYSELF"

Michelle Rodriguez

FUN
FEARLESS
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Sexy

SUMMER

* You don't even have to take your top off!

\$3.99

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THE HOTTEST SWIMSUITS FOR YOUR SHAPE

What's Your Type?

Philly dermatologist Susan Taylor breaks them down:

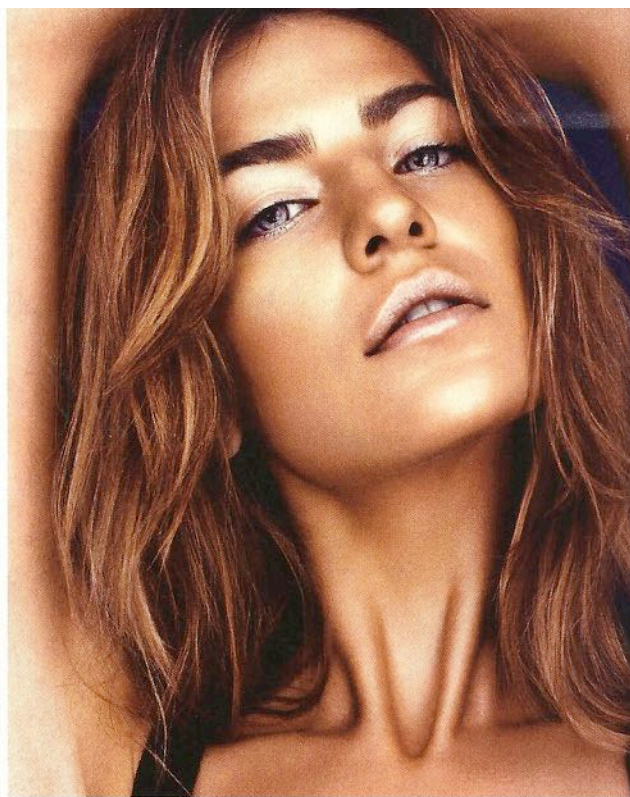
- If you have discoloration anywhere, you likely have PIH (post-inflammatory hyperpigmentation) caused by bruises, scratches, burns, cuts, rashes, or acne. It can heal spontaneously, but treatments speed up the process.

- If you have spots or patches mostly on your face, you likely have melasma caused by hormonal abnormalities, the pill, family history, sun exposure, or even stress. It tends to persist for prolonged periods of time.

Go on the Attack

- For most people, a lightening lotion, like Elure face cream, is a safe, gentle option to remove both types. You can expect results in two to three weeks. For PIH-related acne, try retinoids. Wait for the fall for more aggressive procedures, when you'll have less skin-darkening sun exposure.

- Come *otoño*, dermatologist Paul Frank suggests avoiding hydroquinone peels and instead opting for Clear +



GET SOME COLOR THE SAFE WAY

Whish Coconut Milk SPF 15 Self Tanner, \$34, is a body butter, self tanner, and natural skin firmer in one! With a seal of approval from the Skin Cancer Foundation, it's like magic in a bottle.

Brilliant lasers for lighter marks, and Fraxel lasers for darker ones. For sun spots, a more precise Medlite laser zaps 'em without affecting the rest of your face or body. Each treatment starts at approx. \$500.

Makeup for Manchas

- "Use a highly pigmented concealer like the Sensual Skin Enhancer from Kevin Aucoin," says makeup artist Andrew Sotomayor. Choose a color that matches the skin around the dark spots and apply a very small amount with a concealer brush. To help the concealer stick to blemishes, use a shadow brush to apply a bit of powder, then tap concealer on. Try a long-wear formula, like Effacernes by Lancôme. ■

Out, Damned Spots!

The best products and treatments to keep your skin even stevens.

BE A NATURAL BEAUTY
Try these to keep skin fresh and clear!

Yes To Grapefruit Dark Spot Correcting Body Crème, \$9.97, smells yummy and promises results in four weeks.

Red Door's Illuminating Vitamin C Activator, \$110, with collagen-promoting vitamins A, C, & D.

Clarins Bright Plus HP, \$66, contains raspberry extract, which protects against free radicals and slows down hyperpigmentation.

Obagi Nu-Derm System, from \$65. It treats melasma at a cellular level.

Elure Night Cream, \$150. Its main ingredient is a mushroom extract that lightens the bark of a tree.

