

DR.OZ

A New Magazine From Dr. Oz

THE GOOD LIFE

MARCH 2015

FLAT BELLY SUCCESS!

New, Science-Proven Ways to Lose Fat

BONUS BOOKLET

OUCH! OW!
THE FIRST AID GUIDE
YOU REALLY NEED

**KNOCK
YEARS OFF
YOUR LOOKS**

Before & Afters pg.70

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THE OZ
AWARDS

15

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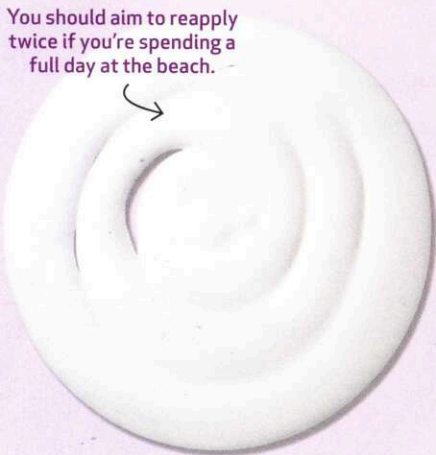
Your Beauty Products:

exactly how much to use

A dab? A dollop? When it comes to the stuff that goes on your skin and hair, portions matter. Follow our actual-size guide to get your servings right every time.

BY SARAH WEIR

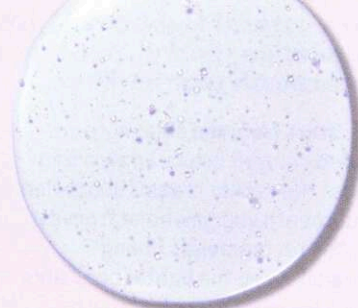
You should aim to reapply twice if you're spending a full day at the beach.



Use at least $\frac{1}{4}$ cup of body sunscreen.

That should shield you from the sun's rays for about 90 minutes. Don't skimp—always err on the side of more.

Neutrogena CoolDry Sport Lotion Sunscreen SPF 70 (\$11, drugstores)



With shampoo, think of a snack cracker.

You'll need this amount (spread flat on your hand) to remove as much styling-product buildup as possible.

Dove Oxygen Moisture Shampoo (\$5, drugstores)



Conditioner? Imagine filling a square the size of a sugar cube.

It softens with ingredients like silicone and natural oils that can weigh hair down if you overdo it. Klorane Conditioner with Magnolia (\$16, drugstore.com)



Your squirt of shaving gel should be no bigger than a chocolate kiss.

It foams up even bigger in your hand, and too much creates a thick barrier that prevents a smooth shave. Skintimate Silky Skin Shave Gel (\$3.50, drugstores)

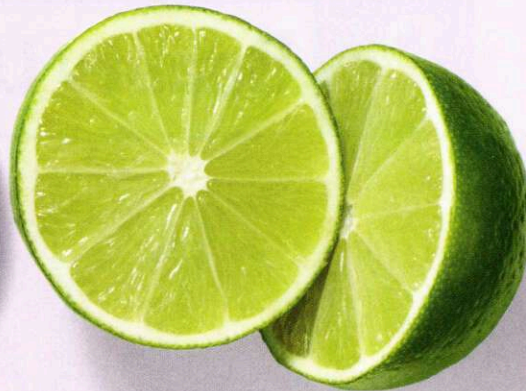
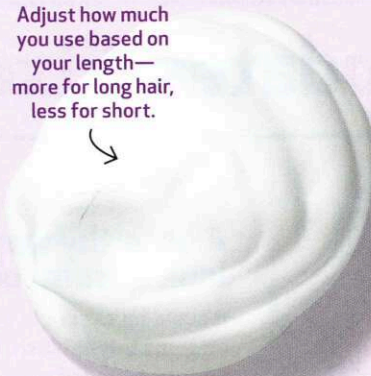


You only need a blob of face cleanser the size of a blueberry.

More won't clean any better, so you'd literally be throwing it down the drain.

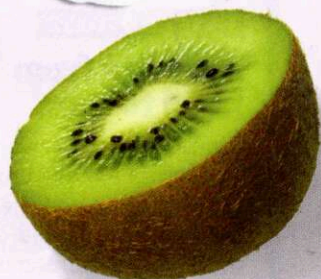
Algenist Genius Ultimate Anti-Aging Melting Cleanser (\$38, Sephora)

Adjust how much you use based on your length—more for long hair, less for short.



A dollop of mousse that's lime size is ideal.

It's the perfect amount to hold medium-length hair sans crunchiness.
Redken Full Frame 07 All-Over Volumizing Mousse (\$17, redken.com for salons)



Smear on half a kiwi's worth of body lotion.

That should be enough to adequately coat skin and seal in moisture. *OPI Avojuice Skin Quencher Hand & Body Lotion in Vanilla Lavender (\$10, Ulta)*



Use a dab of eye cream that looks like a pea.

Extra cream won't give you extra benefits. *Estée Lauder Advanced Night Repair Eye Synchronized Recovery Complex II (\$58, esteelauder.com)*



With antiaging serum, think of a peanut.

It's potent, so you don't need a lot. *L'Oréal Paris Age Perfect Cell Renewal Golden Serum (\$25, drugstores)*



Face lotion with SPF should be as big as a peppermint candy.

The last thing you want is a too-thin layer that doesn't protect. *Juice Beauty SPF 30 Oil-Free Moisturizer (\$29, Ulta)*

Dab it down your forehead, nose, chin, and onto each cheek. Blend outward.



Retinol can be harsh, so go with a tiny Tic Tac size.

This will help you get results with no irritation. *MD Complete Advanced Wrinkle Remover (\$40, Target)*

Use this much on each arm, each leg, and your torso.



Picture a sandwich cookie when you're using self-tanning foam.

That amount on each limb will prevent streaks and splotchiness.
Jergens Natural Glow Instant Sun Sunless Tanning Mousse (\$12, drugstores)



Dole out ¼ teaspoon of hair oil.

You'll get shine without that greasy feeling. *Nuance Salma Hayek Healthy Shine Nourishing Oil (\$10, CVS)*

Sources: Pepper Pastor, L'Oréal Professionnel hairstylist; Doris Day, M.D., clinical associate professor of dermatology at NYU Langone Medical Center; Rebecca Kazin, M.D., of the Washington Institute of Dermatologic Laser Surgery; Eric Schweiger, M.D., assistant clinical professor of dermatology at Mount Sinai Hospital; Sophie Evans, tanning expert with St. Tropez.