

MAY 2012

make it better

north shore—family, community and you

the dining issue

\$3.95 MAKEITBETTER.NET



15 things kids can do
kitchens take 2
explore bucktown
shop your closet

5 beauty habits to break

By Belinda Lichty Clarke

Stuck in a beauty rut? With summer upon us, now's the time to mix things up. You can start by dropping these five "don'ts" from your beauty routine.

1. product overload

Break It: Skin care experts warn that too many products can aggravate sensitive skin, so cut back to help keep your skin supple and blemish-free. According to celebrity dermatologist Dr. Zein Obagi, the biggest mistake many women make is using too much moisturizer, which not all skin needs, especially in the summer.

"Overloading your skin will cause it to get lazy and the process of cell turnover slows down," he says. "Stick with a limited regimen of carefully chosen formulas, including a retinol and natural vitamin A."

2. fake tans

Break It: By now we are well trained to opt for self-tanner and bronzer in lieu of dangerous UV exposure, but it's easy to go overboard. To avoid the dreaded (and often uneven) "Oompa Loompa" pallor, look for cream blushes in taupes or mauves for radiance without shades of orange. Alternately, try a blush/bronzer duo to give you an overall glow without too much tan.

One we like: *Lorac Blush/Bronzer Duo*, \$30

3. squeaky clean hair

Break It: Hot sun and humidity can make your hair unmanageable, but daily shampooing can weaken your hair and promote split ends. Stylists recommend skipping a day between washings to give your scalp and hair a rest. Dry shampoos are a great way to keep hair grease-free and full of volume in between washings. They also can extend your blowout by a day or more.

Try *Oscar Blandi Volumizing Dry Shampoo Spray*, \$23



4. too much makeup

Break It: We all want to look "done," but it's easy to go overboard, especially in summer when your cold-weather look can be too much. Keep things naturally pretty with a liquid or compact foundation that complements your skin tone instead of altering it. Even drugstore lines now offer 20+ different shades of foundation for an almost perfect match. The same goes for lips: Dark lip colors can highlight wrinkles and accentuate complexion flaws, so for a youthful, natural look, choose glosses in lighter or neutral colors.

Flattering on almost anyone: *Laura Mercier Lip Glacé*, \$24

5. DIY treatments

Break It: We all want to save money, but at-home beauty procedures often end up costing more in the long run. For starters, don't skimp on your brows. Well-groomed brows help you appear younger and more awake, but plucking yourself can leave brows uneven or sloppy-looking. Find a quality salon with a professional brow shaper—you're worth it.

For more great summer beauty ideas, visit makeitbetter.net/better-you

meet the author



Belinda Lichty Clarke, Evanston
Belinda's mom is famous for cooking entire menus that look exactly

like the pictures in *Bon Appetit*. And they taste spectacular, too!
makeitbetter.net/meet-our-writers