

YES! SEXY-STOMACH SHORTCUTS P. 59

**Carrie Underwood**  
What She Eats  
for Clear Skin  
And 12 Other  
Secrets

YOU  
AT YOUR  
BEST

# SELF

## The Food Lover's Diet

31 Tiny Tricks That  
Peel Off Major Pounds!

THIS MONTH

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Every Day**  
The Simple  
No-Gym Plan  
Designed  
Just for You

**16 Ways to  
Sleep Great!**  
Rise and Shine

**Spark Up  
Your Sex Life**  
Tonight's Gonna  
Be a Good Night!

**4 Women Reveal  
What They've  
Done for Money**  
(We couldn't believe it either!)

## Be a Casual Beauty

Gorgeous Skin! Your 5-Minute Fix for  
Dullness, Spots & Dry Patches

Make  
2010 Your  
"I Did It!"  
Year  
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# Peeling off the years

Want dewy, younger-looking skin fast? Try the latest at-home peels—they're gentler than ever before, and they really work. See what these exfoliants can do, then pick the right one for you. **By Beth Janes**



After peeling, opt for soothers with aloe or green tea to calm skin.

PEEL PURPOSE	KEY INGREDIENTS	INSIDER TIP	SELF PICK
 <p><b>To perk up dull skin</b></p>	<p><b>Glycolic and lactic acids</b> Glycolic acid, a type of alpha hydroxy acid, is the strongest non-Rx peeling agent available. Derived from sugarcane, it breaks down the bonds that hold dead cells together, says Steven Dayan, M.D., a facial plastic surgeon in Chicago. Lactic acid, which comes from milk, works the same way, only more gently. Combining the two in one peel can deliver an ultra-effective AHA dose with less irritation.</p>	 <p>Already using a product containing retinoids (e.g., a prescription such as Renova or an over-the-counter retinol cream)? Talk to your M.D. and skip retinoid products for three days prior to peeling. Because retinoids speed up cell turnover and can cause peeling on their own, adding AHAs to the mix may inflame skin.</p>	<p>Kate ▶ Somerville Micro Glycolic Polisher, \$90</p> 
 <p><b>To brighten dry skin</b></p>	<p><b>Lactic acid and moisturizers</b> Lactic acid (see above) is less harsh than other AHAs. "That's critical, as dry skin can be prone to irritation," says Naila Malik, M.D., a cosmetic dermatologist in Southlake, Texas. For extra softening, hydrators like glycerin plump parched cells by drawing in water during the exfoliation process; botanicals such as primrose oil also help counter aridity.</p>	<p>After finishing the peel, immediately apply moisturizer to damp skin. "People with a dry complexion tend to have a thick layer of dead skin cells that keeps lotions from seeping in," Dr. Malik says. "Once you remove this layer, creams work better."</p>	<p>◀ Philosophy MicroDelivery Multi-Use Peel Pads, \$55 for 100 pads</p> 
 <p><b>To exfoliate oily skin</b></p>	<p><b>Salicylic and glycolic acids</b> Salicylic acid is a beta hydroxy acid that's attracted to oil; it penetrates pores, breaking up the sebum and dead cells that can create stubborn clogs, according to Dr. Dayan. The result? Fewer blackheads and breakouts. SA is also an anti-inflammatory, so it tones down redness from pimples. Glycolic acid, for its part, banishes any dead cells on your skin's surface.</p>	<p>Sunscreen is always a must, but if you're using a peel, applying one with SPF 30 daily is crucial. That's because alpha and beta hydroxy acids can create sun sensitivity. UV rays may also trigger a side effect known as postinflammatory hyperpigmentation, red or dark marks that appear at the site of former zits.</p>	<p>Murad ▶ Exfoliating Acne Treatment Gel, \$54</p> 
 <p><b>To slough sensitive skin</b></p>	<p><b>Enzymes and natural fruit acids</b> Conventional alpha and beta hydroxy acid peels may be too aggressive for people with reactive skin. That's where fruit acids such as those derived from apple, pumpkin, pineapple and papaya come in: Because they generally don't exfoliate as deeply as alpha and beta hydroxy acid products do, they're less likely to irritate.</p>	<p>Always test a peel on your inner forearm before you apply it to your face to see whether you experience any irritation. To be safe, limit your peel use to once a week (or even every two) until you're positive your skin can tolerate it. Although fruit-based exfoliants are usually mild, they can occasionally cause slight stinging.</p>	<p>▼ Juice Beauty Green Apple Peel, Sensitive Treatment, \$39</p> 

**Don't get burned!** Sometimes you follow the rules and skin *still* turns red. » To soothe it post-peel, rub in cream with 1 percent hydrocortisone twice daily until swelling eases. » Then apply a petrolatum-based product like Lubriderm Intense Skin Repair Ointment, \$5, to damp skin; it seals in moisture and helps promote healing. » If redness lasts more than three days, see your doctor.