

Happy Begins Here

2016 TOTAL FAT BLAST

Cassey Ho's
Top Moves for

- ▶ Flat Belly
- ▶ Lean Legs
- ▶ Firm Butt

**Get Your Best
Sleep EVER**

**WANT TO
BE HAPPIER?**

Do This Today P.126

9
FOODS THAT
SLIM
YOU DOWN

**SOFT,
SMOOTH
SKIN**

Buh-Bye to Dry!

**Detox
Salads
You'll
Love**





LOVE YOUR

LOOKS

UV rays
abound,
even in gray
skies. No
excuses: SPF
30 daily.

Your Skin vs. Winter

It's the ultimate beauty smackdown:
your looks against the elements.
Come out on top with these dermatologist strategies.

By LISA WHITMORE



My scalp is flaky. Do I have dandruff?

» It sounds that way. Dry scalp alone may feel tight or itchy, but actual flakes signal dandruff. The likely culprit: "an overgrowth of yeast on the skin," says Dr. Gohara. The easiest remedy is to switch to an over-the-counter shampoo with exfoliating coal tar or salicylic acid, says Jeanine Downie, MD, a dermatologist in Montclair, N.J. Try Glytone Kertyol P.S.O. Shampoo (\$28; dermstore.com), which contains salicylic acid and sulfur. If dandruff doesn't improve after about four weeks, move on to a prescription shampoo.

Surprising Skin Enemies

The same things that keep you warm and cozy this season could also turn your skin red and itchy.

> WOOL CLOTHING
Even if you aren't allergic to wool, you may still be hypersensitive to the fiber. Wear a layer underneath to shield your skin, or upgrade to cashmere in the name of health.

> SPACE HEATERS
These devices can bring on a condition called erythema ab igne, spots of redness caused by exposure to radiant heat. Keep a generous distance between yourself and your heater.

> HAPPY HOUR
It's the time of year to sip hot toddies, but doing so can bring on flushing and redness—and, over time, dry skin, since alcohol dehydrates you. Drink in moderation and have a glass of water between rounds.

What are those tiny white dots under my eyes?

Those little lumps are not acne (so stop trying to squeeze them!). In fact, they're likely miniature cysts, called milia, which are often caused by heavy creams or other occlusive products used under the eyes, says Doris Day, MD, a dermatologist in New York City. Solution: Dab a gentle chemical exfoliator over the area (avoiding eyes); it will help shed skin, which may coax out the cysts. Try Paula's Choice Skin Perfecting 2% BHA Liquid (\$28; paulaschoice.com).



↑ Help prevent bumps by removing heavy eye makeup—especially opaque concealer—before bed.

SCAN TO SHOP!
SCAN THE RAZOR TO BUY THE ITEMS ON THIS PAGE (LEARN HOW ON PAGE 4); ON VISIT HEALTH.COM/SHOP NOW.

My legs are crazy itchy. What's the deal?

» The itch may be abnormally intense, but the culprit is pretty ordinary: dry skin. "When the air is dry, your skin doesn't retain moisture as usual," notes Dr. Downie, and you may see a "cracked, riverbed appearance." To quell the itch, switch to a soap-free body wash (it won't strip skin's natural moisture) and apply a cream with repairing ceramides to damp skin post-shower. Also smart: Shave in the shower after slathering on a moisturizing cream, such as Whish Blue Agave Shave Cream (\$20; ulta.com), to slough off dead skin cells, which can prevent moisture from getting in.



Ouch! My heels are cracked. What do I do?

» Keep feet hydrated: "Petroleum jelly is your best fix," says Dr. Downie, as it locks in moisture. Try Vaseline Deep Moisture Jelly Cream (\$8; at drugstores). To get rid of cracks, use a pumice or foot file, such as the Amope Pedi Perfect Foot File with Diamond Crystals (\$37; at Walmart), on dry skin several times a week. Dry heels, healed!

