



THE OPRAH
MAGAZINE

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TAP FOR A
MESSAGE
FROM OPR



*MAKE ROOM FOR A
NEW YOU!*

Clear your closet, lighten your load



O, Beautiful!



DULLNESS

CAUSE: That washed-out look can be the result of dehydration, says Weiser. Because you're likely to feel thirstier in the summer, you usually remember to drink enough water, but in the colder months, it's easy to forget. And if there's a buildup of dead cells on the skin surface, light won't reflect off it, making skin look sallow, ashy, and dull.

SOLUTION: A moisturizer containing alpha hydroxy acids or an antioxidant-rich lotion helps refresh skin by encouraging cell turnover, so look for glycolic or lactic acid, retinol, and vitamins C and E—both antioxidants—on the ingredients list. Gentle exfoliation with a soft washcloth or a salt or sugar scrub can also brighten skin's appearance. Choose a moisturizer with light-reflecting pigments, says Jackson—you'll get an immediate glow.



ROUGH PATCHES

SOLUTION: Your first line of defense is a super-hydrator, like an ointment containing petrolatum, says Graber. To smooth the skin, try a gentle exfoliant containing urea and glycolic or lactic acid, which can help break the bonds between dead skin cells so they slough off, says Weiser. Rough skin in women of color can lead to hyperpigmentation, which may be hard to eliminate. So in addition to moisturizing at the first sign of roughness, avoid scrubbing the area—scrubbing may cause microtears, worsening hyperpigmentation, says Jeanine B. Downie, MD, director of Image Dermatology in Montclair, New Jersey. If a rough patch doesn't improve with home treatment, if it's itchy, or if you see silvery white scales, it's time for a doctor visit, says Weiser.