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20-MINUTE MEALS (REALLY!)



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COVER GIRL NIKI TAYLOR
is wearing Rainforest, one of eight kits
from the NonStop EyeColor Collection.

R E D E F I N I T I O N G

3 TAKING LONG, HOT SHOWERS.

Most people think hot showers are good for the skin, but actually they rob it of moisture. "When you stand in a hot shower for longer than ten minutes, you strip away the natural layer of oil from the skin's surface," says Diana Bihova, M.D., clinical assistant professor of dermatology at New York University Medical School. "This leaves skin less supple and worsens dry-skin conditions, like eczema."

A better way to get clean? Take a quick, five-minute shower with lukewarm water. And keep in mind that no matter how long your shower lasts, your skin will lose some moisture, so be sure to moisturize your entire body immediately afterward.

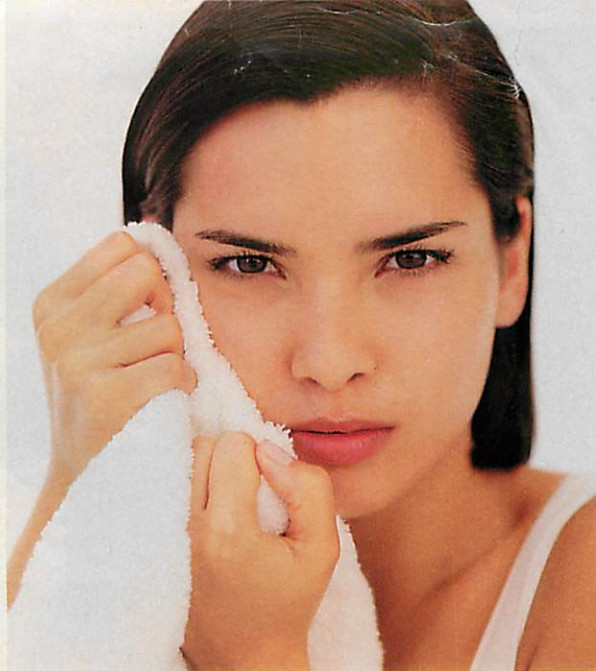
4 KEEPING YOUR RAZOR IN THE SHOWER OR BATH.

Never leave your razor out in the open—the water from the shower will cause the blade to rust. Instead, store your razor in the medicine cabinet, away from the humidity of the bathroom. It's also important to change your blade every two weeks. Says Don Chaulk, vice president of the Gillette Shaving Technology Laboratory in Boston, "Dull blades are really bad news, because pressing down harder to remove hair makes you much more likely to get cuts and nicks."

5 APPLYING FOUNDATION ALL OVER YOUR FACE.

Most of us have been taught to apply foundation on every part of our face and neck to get a polished look. But, says Bobbi Brown, creator of her own makeup line, Bobbi Brown Essentials, "too much foundation actually gives your face a chalky, masklike look—and draws attention to imperfections rather than concealing them."

Instead, apply foundation on those places where you need to even out your skin tone—along the sides of your nose, under your eyes and around your mouth, for instance.



6 RUBBING YOUR FACE WITH A TOWEL.

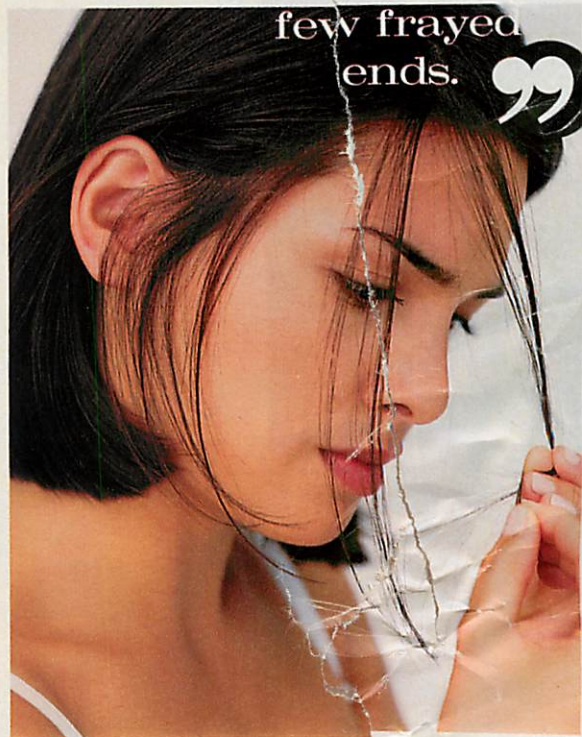
Drying your face vigorously feels great. But towel drying can be tough on your complexion. "The skin on your face is more delicate than the skin on the rest of your body," says Alan Kling, M.D., a dermatologist at Mount Sinai Medical Center. "When you rub too hard, your skin becomes more prone to broken blood vessels and dryness." A smarter way to dry off? Pat face two or three times with a 100-percent-cotton towel; you'll dry the skin without irritating it.

7 USING A COTTON SWAB TO CLEAN THE INSIDE OF YOUR EAR.

A cotton swab should be used only on the outer portion of the ear—not shoved all the way into the ear canal," says Jacqueline Jones, M.D., an ear, nose and throat specialist at New York Hospital, Cornell Medical Center. By poking deep inside the ear canal, you're apt to push wax too far into the canal, which may cause an ear infection. To properly clean ears, take the corner of your towel, wrap it around your index finger and gently move it around the outer edge of your ear canal.



Don't peel off split ends. You'll end up damaging your hair even more. Instead, use manicure scissors to snip just above those few frayed ends.



8 SPLITTING OFF SPLIT ENDS.

This may seem like a fast way to get rid of the frizzies, but beware: Peeling the split up from the bottom damages the hair shaft even more.

The best way to handle split ends? According to New York City trichologist Philip Kingsley, if you have just a few splits, take manicure scissors and trim hair straight across, just above the point where the split begins. If the splits are more plentiful, it's best to get an all-over trim.



Do you take a long, hot shower every morning? Put on makeup before blow-drying your hair? Believe it or not, these daily rituals (and others) could be sabotaging your natural good looks. Replace these old, bad habits with new ones and watch your real beauty shine through.

1 USING THE SAME PILLOWCASE FOR TWO WEEKS IN A ROW.

"Traces of makeup and oils from your face collect on your pillowcase," says Nelson Lee Novick, M.D., associate clinical professor of dermatology at Mount Sinai School of Medicine in New York City. These irritants become embedded in your pores, which can cause or aggravate break-outs. Your best bet: Change pillowcases every week—and remove your makeup before you hit the hay.

2 PICKING AT YOUR MASCARA.

When your mascara cakes, it's hard to resist tugging on your eyelashes to remove it. The problem is, even just a few gentle tugs may cause those fragile lashes to fall out, and sometimes they don't grow back. To avoid clumping, try this simple trick: First lightly dust eyelashes with loose powder, then use one or two coats of mascara on the top lashes only (so your top and bottom lashes won't stick together).

beauty habits?