

InStyle

"SOMETIMES I FEEL LIKE A BAD MOM"

A HEARTWARMING ESSAY BY

Kate Hudson

MAKEUP MATCHMAKER

FIND THE RIGHT SHADES FOR YOUR SKIN

4 RULES FOR MIXING PRINTS

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To Keep Things Clear

THE THEORY

A deep-cleaning solution souped up with exfoliating enzymes and degreasing toner can cut through the buildup of bronzers, sunblocks, and sweat better than your regular face wash, says Dr. Chiu. Add gentle granules to equal parts cleanser and toner and use the mixture weekly to eliminate that sticky summer-face feel.

THE EQUATION



Enzymes

The sloughing rice bran powder is laced with papaya extract; it has enzymes that melt away dead cells and help soften skin.

Tatcha Polished Deep Rice Enzyme Powder, \$65; tatcha.com.

mixed
with



Micellar Water

Strong enough to dissolve that stay-put gel eyeliner, this liquid contains micelle molecules to pull dirt and grime from pores.

Garnier SkinActive Micellar Water, \$9; garnierusa.com.

mixed
with



Toner

This oil-free formula combines antibacterial saw palmetto and anti-acne salicylic acid with refreshing mint.

Origins Zero Oil Pore Purifying Toner, \$22; sephora.com.

ERASE SUN DAMAGE—FOR GOOD

IF YOU HAVE DARK SPOTS

Ask a doctor about a Fraxel Thulium resurfacing laser, which N.Y.C. dermatologist Paul Jarrod Frank says can stimulate skin, prompting it to produce collagen and healthy (pigment-free) skin cells. The procedure may cost \$800 to \$1,800, depending on the treatment, and you'll need one or two sessions to see results in a couple of months, he says.

IF YOU HAVE VISIBLE CAPILLARIES

When collagen gets damaged by the sun, it can make blood vessels more apparent, says N.Y.C. dermatologist Ellen Marmur, who suggests looking into intense pulsed light therapy. A device sends bursts of light into skin, damaging and eventually eliminating the vessels. You may need up to five treatments at about \$250 to \$500 each.

