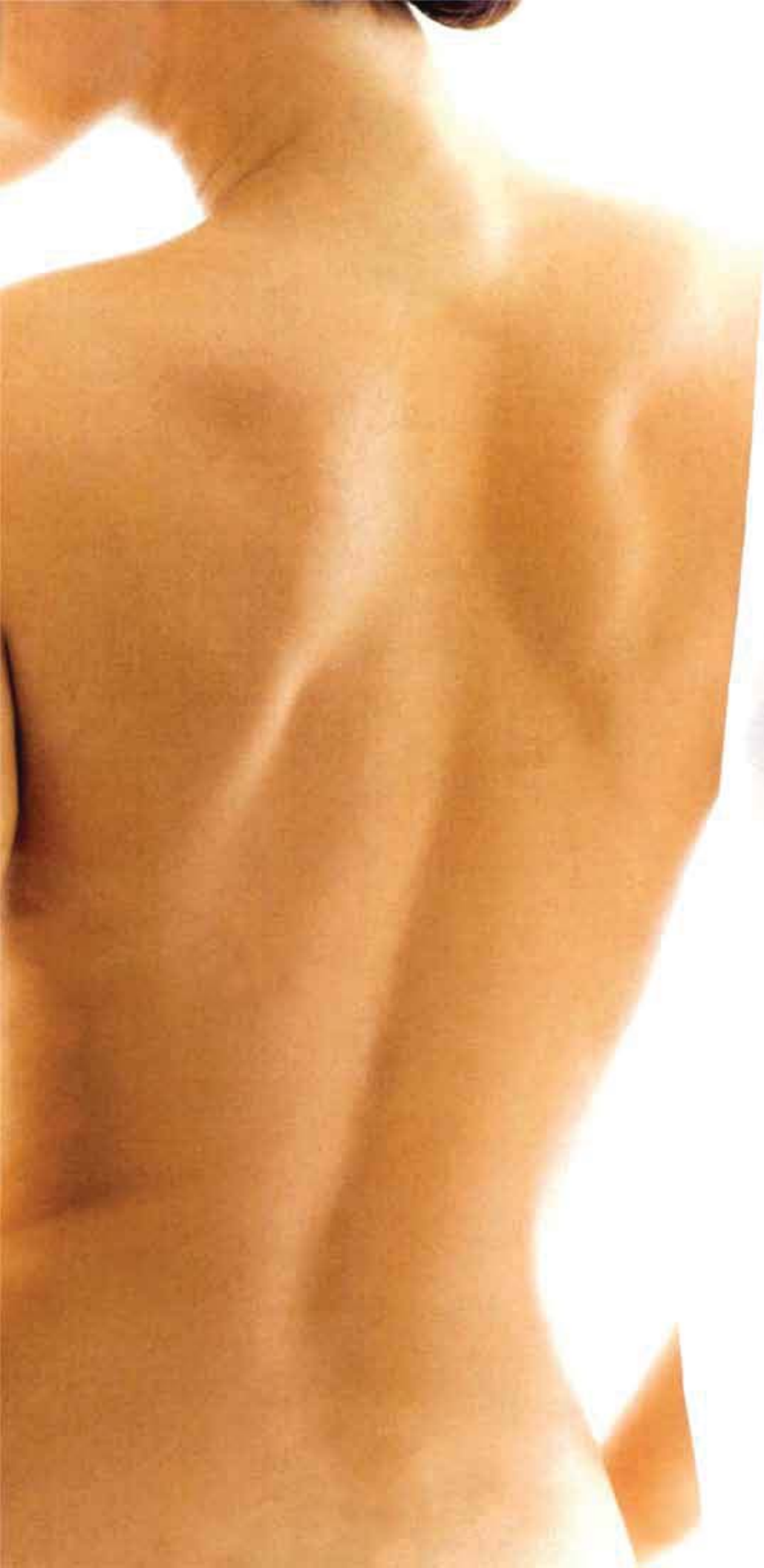


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YOUR  
UPPER  
BACK

**Watch for** Bacne, which is often caused by sweating and friction. It's a major problem for women who work out a lot, says Elizabeth Tanzi, M.D., a dermatologist in Washington, D.C. "Wearing tight tops traps perspiration on skin, where it mixes with bacteria," she explains. When your hair becomes sweaty and brushes against your back, this can also trigger breakouts.

**Smooth solution** Wear exercise clothes that are moisture wicking and fast drying, and take them off immediately after you exercise. Jody Levine, M.D., an advising dermatologist for Dial, suggests cleansing your back daily with a benzoyl peroxide wash—we like **Neutrogena Clear Pore Cleanser Mask** (\$7, neutrogena.com)—and using a toner with salicylic acid to absorb excess oil postshower. Try **Origins Spot Remover Acne Treatment Pads** (\$27, origins.com) or **Clean Clear Radiance Body Mist** (\$29, sephora.com). If back blemishes persist, see a dermatologist, who can prescribe clindamycin, a topical antibiotic.

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## YOUR HEELS

**Watch for** Cracks and calluses, caused by pounding workouts and frequent showering, swimming and sweating.

**Smooth solution** Start by leaving a nail brush in the shower to remind you to exfoliate the bottoms of your feet daily. "You can use the brush with your regular shower gel," says Kate Weinberg, spa manager at Equinox Fitness Clubs in New York City. Pat your feet as dry as you can (it's OK if they're still a little damp) and rub on a foot cream packed with alpha hydroxy acid, a chemical exfoliant that helps keep heels butter soft. Try **Pedicure by OPI Soften** (\$13, opi.com for salons). Apply it again before bed and wear cotton socks overnight so that the cream stays on your feet, not your sheets.

## YOUR TRICEPS

**Watch for** Tiny, rough bumps on the backs of your arms. These are keratosis pilaris (aka chicken skin), a common hereditary condition. "Dead skin cells plug hair follicles, making them inflamed," Dr. Levine says. The bumps, which can also appear on legs, may worsen when the temperature drops.

**Smooth solution** Many women with this condition try to scrub away the bumps, which only irritates skin, Dr. Tanzi says. "instead, apply a lotion containing glycolic acid to exfoliate the area." We suggest **Dermadoctor KP Duty Dermatologist Moisturizing Therapy for Dry Skin** (\$36, sephora.com).

YOUR  
HANDS

**Watch for** Brown spots, dark patches and fine lines, the result of constant exposure to the sun. "I see these problems in my patients starting in their early thirties, and they're directly related to sun damage," Dr. Tanzi says.

**Smooth solution** A creamy moisturizer pumped with vitamins, minerals and nutrients, such as **Eucerin Daily Skin Balance Skin-Fortifying Hand Creme** (\$6, drugstores), followed by a broad-spectrum sunscreen, like **Avon Anew Solar Advance Sunscreen Body Lotion SPF 30** (\$34, avon.com), will keep hands looking young. "Cover your entire hand, including the sides and between your fingers, with SPF, especially when playing outdoor sports," Dr. Levine says. To help fade dark patches, try a cream with 2 percent hydroquinone, such as **Proactiv Dark Spot Corrector** (\$22, discover proactiv.com), or a gel with botanical lighteners such as kojic acid and arbutin, both found in **SkinCeuticals Phyto+** (\$78, skinceuticals.com). For extreme cases, a series of intense pulsed light (IPL) treatments (\$250 to \$500 a session) at a dermatologist's office can help brighten spots.

