

Beauty SUMMER SKIN CARE

Eewww... Thanks to ingrown hairs, I'll be in Bermuda shorts - not a bikini-all summer

Aahhh... Zap existing ingrowns with a product containing acetylsalicylic acid such as Tend Skin⁵, says Dr. Graf. If you have a puffy red spot, N.Y.C. dermatologist Jody Levine says to dab on a mild hydrocortisone cream every other day until it subsides. To make sure ingrowns don't return, you need a super-smooth shave. Use shaving cream and a five-blade razor, which cuts hairs evenly and makes them less likely to grow inward. Shave in the direction of hair growth and don't pull skin taut, since it can close over a follicle once you let go.

Tend Skin solution, \$20; ulta.com. Skintimate shaving cream, \$4, and Gillette Venus bikini kit (razor, trimmer, shaving cream), \$11; at drugstores.



Eewww... In this heat, my moisturizer feels like buttercream frosting.

Aahhh... Send your usual face lotion on summer vacation. "Heat gives everyone an oil boost," says Dr. Levine, so you can switch to a lighter product. A sheer, noncomedogenic formula with sunscreen does the trick no matter your skin type. Olay Complete SPF 30 is nongreasy, while Neocutis Journee⁶ absorbs instantly and helps fight free radicals with antioxidants like green tea.

Olay daily moisturizer, \$13; at drugstores. Neocutis Journee anti-aging day cream, \$120; lovelyskin.com.

Eewww... I can't decide which breakouts are worse-my "backne" or my "chestne."

Aahhh... Controlling body breakouts is no sweat, says Dr. Lewis, who recommends switching to cotton sports bras and shirts to let skin breathe when you exercise. She also suggests washing with a cleanser that contains salicylic acid, like Neutrogena Skin ID. Or spritz yourself with Glytone⁷, an oil-free treatment with acne-fighting ingredients whose nozzle mists from any angle so you can reach out-of-the-way spots.

Neutrogena Skin ID body wash (sold as a three-step regimen), \$40; skinid.com. Glytone back spray, \$28; dermstore.com.